

MESSAGES FROM THE BODY

a guide to the energetics of health



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*This book is dedicated to my teachers and my students who
constantly remind me about the power of language and
the depth of wisdom that is held in the body.*

May the learning continue for all of us.

ACKNOWLEDGMENTS



My study of energetics started out as an area of interest and has grown into a way of life. Through my research and teaching over the past eight years I have come to understand how little we actually know about the human body and about energy. The information that the body holds and conveys, the way that it responds and interacts, its adaptability and intrinsic nature is fascinating and compelling. This area of science will grow dramatically over the next few years. As our knowledge grows, some of the concepts presented in this book will change. The depth and breadth of our understanding and appreciation of energy will expand. The interplay of energy and the factors that affect it will have deeper and far-reaching meanings. I encourage you to use this book as a starting point. Test the theories and explore their applicability. Allow the time and space for things to change.

My students over the years have been the greatest teachers. Their curiosity, exploration and questions have deepened my search for answers and my understanding. Over the years I have had many teachers that have supported and encouraged me. To them I give special thanks: Nancy Bradley, Joy Goch, Dr. Verna Hunt, Will Leichnitz, Mary Jo Ruggeri, Donna Seymour and Sher Smith. I would also like to thank Dr. Diana Manos who encouraged and expanded my exploration of the energetics of diseases.

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INTRODUCTION



Have you ever looked at an old house and marveled at the history behind it? Why does the house lean to the right? How many times have the windows been broken and replaced? What happened to the bottom step? Who laid the foundation and when? Everywhere you look in the house there is a story to be told, a history, a purpose, uniqueness about this particular house. Time, weather, the people that built it, the people who lived there, who visited and the activities that were carried on, have shaped the house. You might not have all the answers as you explore the house, but you are aware that there are answers, there are reasons.

Just as a house is affected by a multitude of factors, so is a human being. Both are an expression of energy. They are constantly moving, changing, responding to and receiving input from both their internal and external environment. Interpreting the energetics of human beings is a complex task. It involves having an understanding of energy, a desire to look at the whole person, knowledge of anatomy, physiology and pathology and the time to slow down the process so that you can reflect and relate the energetics of a person's life to their health.

It is possible to link the energy of the environment, the energetics of situations that you encounter and the physiological responses in the body to the manifestation of health and disease. The purpose of this book is to provide a guide to interpreting the energetic patterns of health and disease. It provides a framework for the assessment and exploration of health and disease based on energetic theories and principles taken from Naturopathic Medicine, Ayurvedic Medicine, Traditional Chinese Medicine (TCM) and Polarity Therapy. What these forms of healing all have in common is that they are based on the knowledge that the body is a logical energetic being and that all aspects are connected to each other and to their environment.

Naturopathic Medicine is based on the principles of treating the whole person, addressing the root causes of diseases, honouring the ability of the body to heal itself and the promotion of health and the prevention of disease through a balanced lifestyle. Ayurvedic Medicine views energy according to the five elements of ether, air, fire, water and earth. Everything, both organic and inorganic, can be explained according to these five elements. Traditional Chinese Medicine uses the concepts of Yin Yang to explain the energetics of human behaviour, disease and influences that affect us. Polarity Therapy is an energetic therapy that includes assessment, bodywork, diet and exercise according

to the principles of Ayurvedic Medicine and TCM.

Energy can be used to explain every phenomenon in the universe. The study of energy is complex and always expanding. There is no question that energy is the foundation of all of existence and that it manifests in logical patterns. What is still in question is how to define the infinite depth and breadth of its existence. I find it intriguing that the concepts of energy are seldom used as the foundation for studying health and disease. When energy is used as the foundation it provides logic and a process to the shift between health and disease. It clarifies the link between people and their environment. The allopathic approach has been largely based on the belief that disease is random. That there isn't a cause and effect, it just happens and once you have a disease it will continue. The basis of disease as a random occurrence is what contributes to the fear focus in the allopathic health care system. Disease is an energetic pattern. There is a logic to it that can be both explained and treated energetically.

Your ability to use the messages of the body depends on your knowledge and understanding of energy, your beliefs and the principles you use. Recognizing that everything is an expression of energy is the first step. To interpret and use the energetic messages that the body and the universe provide you need to apply a consistent energetic framework. By linking the energetics of everything and looking for the energetics in nature, in situations, in conversation, in physical structure and in disease you can start to understand how they are related. There is a difference between having all the answers and recognizing that there are answers. Human beings are a wonderful display of the intrinsic depth and breadth of energy. I encourage you to be curious, open-minded and to continually search for a broader understanding.

OVERVIEW OF ENERGY

1

Energy is the foundation of all existence. Traditionally the concepts of energy have been used in the study of Engineering, Physics, Chemistry and Biology. If you look at any aspect of life, nature, culture, even time you can explain it energetically. According to the Webster dictionary energy is defined as the ability to do work, as stored potential or the manifestation of all matter. Chemistry and Biology have explored the energetic properties of the body from a cellular point of view and are just starting to expand this viewpoint to include the energy of the body as a whole, the interrelationship of the mind and the body and the interplay between a person and their environment.

The following are theories of energy.

Everything is composed of 5 elements. As far back as Aristotle it was concluded that everything on earth was composed of five substances: earth, water, fire, air and ether. These five substances account for the existence of matter, space and movement. The elements manifest in many forms, each one having specific qualities and characteristics. In Chapter 3 these five substances are expanded upon.

Energy moves with a specific vibration or wave pattern. Movement in specific wave patterns is the basis of energy and life. These wave patterns create a charge and reacts or influences everything that it comes in contact with. Every molecule of the body can be defined based on its presence, quality of movement, vibration and electromagnetic charge. As the intensity of an element changes the wave pattern changes.

Energy can exist without form. Light and sound create a specific wave formation, yet they do not have a physical form and their presence influences other forms of energy. The qualities of light and sound have a tremendous influence on the visual and auditory aspects of assessment and treatment.

Energy is neither created nor destroyed. This is the First Law of Energy. The sum of all forms of energy remains constant in the universe. An example of this is a pendulum swinging between two points. The total amount of energy remains constant yet the quality changes. This is the basis of the Yin Yang Theory.

Energy changes form based on its environment. Quantum Theory explains that energy changes form on a microscopic level as it encounters new environments, influences

and other energies. An example of this is the body's ability to convert food into energy and fuel for the cells and muscles. Energy is constantly moving and changing. There is no part of life, or existence that is permanent. Energy is always responding to and reshaping itself. The energy of the body exists in transition from birth, to growth, to death. Always changing. Never the same at any point in time.

The whole is greater than the sum of its parts. As individual energy molecules and vibrations come together they create structure and a specific pattern that is unique and distinct from the individual elements. When studying the energetics of anything there is a tendency, in fact a need, to break it down into parts. Each part will have its particular energetic pattern, yet the whole is more than just the sum of the parts.

The Human Body as Energy

Energy moves from a subtle invisible wave into a dense physical form as energy patterns crystallize. The human body is simply a large collection of energetic molecules organized and crystallized in a pattern. The physical body has a visible form, yet it is not permanent. It is constantly shifting, changing, responding to, receiving and releasing energy. Within all of us there are millions of microscopic molecules that are constantly moving and changing. Each individual is born with a unique collection of molecules and vibrations that determine their energetic constitution. For example, some people are naturally good at details, an earth quality; others are lively and passionate, fire qualities whereas others are very nurturing and creative, qualities of water.

The physical structure of every body is unique and there is often a blend of all the elements – the strength and firmness of the earth element, the fleshy fat aspect of water, the muscular aspect of fire, the lightness of air. The inner organs can also be looked at energetically. Every organ, gland and tissue has a unique energetic property. This property influences what energy it responds to and how different energies influence it. Emotions and thoughts are vibrations of energy. The way they are interpreted depends on subtleties, not concrete form or structure. We are familiar with the heaviness of fear and the strength of feeling secure. These emotions both relate to the earth element, yet have different qualities.

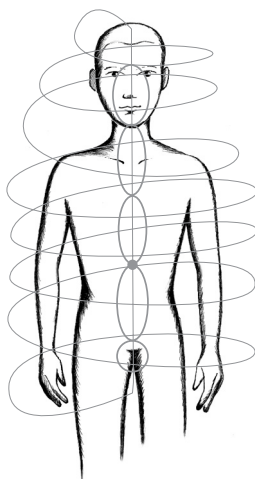
The energetics of the body is based on four principles.

1. **Each individual has a unique energetic constitution.** This predisposes them to respond specific ways to different energetic influences and creates areas of strength and susceptibility. The more a person understands and accepts their own natural constitution the more they will be able to use their inherent resources and address their areas of susceptibility. It will also be easier for them to understand what they need to do to flow with life and to maintain a balance that is healthy for them.
2. **Each of us is connected to the web of life.** Each person is individual and unique.

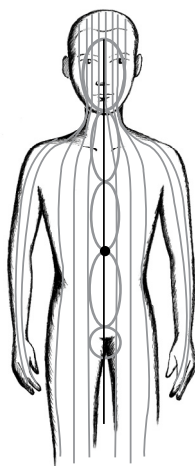
They are also part of and directly influenced by their surroundings, the people they are in contact with, their upbringing, the collective consciousness, the environment and universal energetic shifts. When looking at the energy of any person it must be done in the context of this wider perspective.

3. **The body responds in a logical fashion.** There are reasons why one person is affected by an event or situation and someone else isn't. The signs and symptoms of the body are messages, a shift in energy, a response to something on an energetic level. The way the body shifts tells the story. There is a logical reason and pattern for the shifts that occur. Shifts can occur as a response to a current situation, to a past event that still affects us or to a future event that might happen. For some people there is an obvious correlation between an event that happened and the onset of symptoms or disease. For example, stiffness and swelling of the left arm after you fell off a horse, or diarrhea due to eating bad meat, or heart palpitations prior to speaking in public. For others, disease is a reflection of a lifestyle pattern that isn't conducive to health such as a lifetime of poor nutrition or constant stress. For some disease is more of a reflection of their environment, such as a result of a natural disaster, an epidemic or pollution. And for others it is more of a result of their life karma, a part of life's lessons.
4. **The body has a tremendous ability to heal itself.** Healing is an innate quality of the body. As soon as you cut yourself the healing starts. The body can recover from tremendous stress and trauma, provided that the body has the vitality, will and the building blocks. By removing food or stressors that are harmful to health the body will naturally shift to a higher level of health. When the root cause of disease is addressed the body has the ability to restore health if there is sufficient vitality and will. The ideal treatment is one that supports the innate healing ability of the body.
5. **Life is movement.** If there is no movement, there is no life. The difference between health and disease lies in the relative freedom, flexibility and balance of the energetic wave pulsations in the body. All pulsations of life energy occur in patterns of expansion and contraction, centrifugal and centripetal or involution and evolution. Energy follows a closed loop effect. It has a source, flows out from there and then returns to source. All physiological responses in the body follow this pattern. The heart pumps and sends blood to the body and that blood returns back to the heart. The inhalation and exhalation of breath, the flow of the cerebral spinal fluid from the ventricles of the brain to the coccyx and back and even the contraction and relaxation of muscles. A blockage in the energy movement affects the flow of energy in the body overall. There are three major energy currents that make up the pulsations in the body. They are the long line currents, the east-west currents and the spiral current. These currents originate in the chakra systems and relate to the interplay between a person and their environment through the nervous system.
 - Long line currents influence the central nervous system and the five senses.

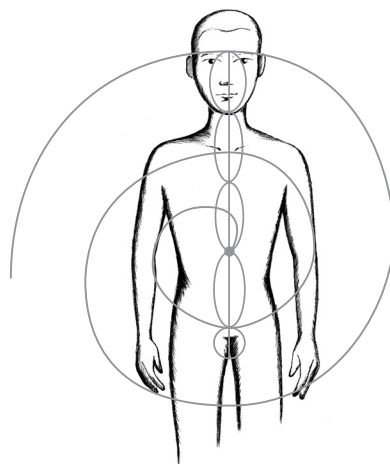
- The east-west current influences the parasympathetic nervous system.
- The spiral current is the impulse for movement, warmth and healing. It influences the sympathetic nervous system.



*Transverse
Current*



*Long Line
Current*



*Spiral
Current*

Most people only pay attention to their body when it displays signs of being overwhelmed or exhausted. Too often instead of supporting the body by removing what is excess and replacing what is deficient people look for short cuts. They look for what they can take, instead of what they can change. Healing is a process of energy restoring proper balance and harmony to the body. When a person has the vitality, the will and they are addressing the root cause of their imbalance the body will respond by releasing the disharmony within the energy blocks allowing the innate healing ability to take place.

The challenge of interpreting the reasons for health and disease often lies in the breadth or lack of breadth, of the assessment.

Health is an Energetic Response to Life

Energy is constantly moving. We are unaware of most energetic movement, even though we are part of it and it is constantly around us. What most people focus on is the final outcome, how they look, what their health is like, their immediate environment and their relationships.

The body is capable of handling the multitude of energetic influences it encounters constantly without our awareness. When it does desire our attention it will seek it, usually by displaying symptoms of chaos, discomfort, pain, mental chatter or disease.

Symptoms are a way that our body talks to us. It is notifying us that something in our life is out of balance and needs to be addressed. Pay attention to the messages from the body. Work to interpret and acknowledge the messages and then learn to respond accordingly.

Let's assume for example, that the universe wanted to convey to you that it was time that you moved onto a new job, or that your diet was not conducive to health, or that you were holding onto too much resentment. How would it do it? How would it get your attention? For some, that means a series of coincidences or a synchronicity of events. For others it starts with a disruption in sleep patterns and thoughts. Some feel pain, discomfort and stiffness. Others don't acknowledge the message until there is something more severe, like a disease or symptoms that require attention.

The goal is to understand the way the body responds. What the different subtle and not so subtle symptoms mean. Generally the body will display signs of imbalance in a subtle way. If the message is ignored or suppressed it will become louder, through more serious or pronounced physical symptoms or it will affect the body at a deeper level, disrupting health to a more significant degree.

Events and life situations have an energetic property. The nurturing we feel at a family get together, the frustration over losing a job, the grief associated with the death of a parent, the love for a new baby, or the trauma of a car accident. It is not what happens to us that determines health or disease. It is how we respond to it. The same event will affect people differently. The loss of a job for one person might result in frustration, for another fear, and someone else might view it as a blessing and an opportunity for change. Each of the previous reactions will evoke a different energetic response in the body.

Having an awareness and understanding that there is a reason behind the messages of the body is critical to optimal health. Too often people attempt to change their state of health without understanding or even attempting to find out what the body is conveying. This often results in symptoms and diseases being suppressed or aggravated. If you look at energetic shifts as a message and an opportunity to gain insight about yourself you are more likely to address the root cause of disease and thereby influence health to a greater degree. Focus on understanding the messages rather than getting rid of them. The intention is not to keep the body quiet or to ensure that there aren't any messages. The intention is to understand the messages. Change the reason for the messages. Change the energetic input. For example, quit the job you really hate, stop eating the food your body doesn't like, stop procrastinating and start exercising, cut down on your exposure to pollution or noise or let go of the anger that is affecting your life. When the body realizes you have understood the message and have made the desired changes, it will stop producing the symptoms.

As a society, there is a lot of band-aid, or surface work being done not only with respect to health of individuals, but also health of the environment and of nature. For example,

a common reaction of the body to a food that it can't handle is to produce a rash. A common approach is to use a cream to get rid of the rash. Addressing the root cause would mean that you stop eating the food until the body can handle it and you address any digestive weaknesses.

The Concept of Balance

People constantly talk about maintaining a balanced life. What does it mean? What are they trying to balance? What is their frame of reference? When most people talk about balancing their life they are really saying that something is lacking in their life. Balancing is more about addressing the areas of deficiency and decreasing the areas of excess.

Energy is balanced at all times, yet balanced doesn't mean equal, symmetrical or healthy. Balance is a continuum in motion, like Yin Yang. To achieve a life that feels balanced define what in your life is excess and what is deficient and what your ideal life looks like and then address those areas.

Disease is often brought about because the body is attempting to balance the excesses and deficiencies of life. For example, nurturing is a water quality. If someone is lacking external nurturing, i.e., a loving relationship, their body might balance this deficiency by increasing its internal water, i.e. an increase in weight.

Disease is an undesirable balance. The body is compensating in some fashion for an excess or deficiency or the presence of energy that is causing disharmony. The way that the body compensates is an indication of what it is attempting to balance. By understanding and honouring the messages from the body you can achieve a desirable healthy balance.

The Body as a Hologram

A hologram is a 3-dimensional image within which are the patterns of energy waves that interact with each other as they cross each other's path. Every part of the hologram, no matter how small, has stored in it all the information of the whole. Reflexology, iridology, tongue and pulse diagnosis and any other zone therapy are based on the understanding that the body is a hologram.

Each part communicates and is reflected in every other part. When one part of the body is out of balance it will be mirrored in every other part. The tongue, for example, is a window into the inner body, especially the digestive system. The feet map the disturbances in any organ or structure. You can see that in the movement and shape of the toes. You can also see shifts in the body that mirror the energy of someone's language, thoughts or emotions. For example, when someone is irritated and frustrated – a fire response – their pulses and breathing might become more rapid, their posture shifts,

they become more restless and their tongue shows signs of heat.

As above, so below is a saying to express the macrocosmic – microcosmic relationship. The inner energies of man are a reflection of the greater play of energies in the universe as a whole. A person's energetic makeup determines their cellular makeup, which determines the manifestation of their physical self and their outward expression. For example, if someone is expressing fear both their cellular body and their physical body will mirror this expression. Breathing will become rapid and shallow, the adrenals will release the hormone cortisol, and the sympathetic nervous system is turned on. Fear is a reaction to an event and its expression manifests in internal changes in the body. Another example of as above, so below is when a person's neck is so tight that it is displacing the positioning of the cervical vertebrae, you often see compensation in the lower spine because the spinal vertebrae are linked together. The movement or lack of movement of any single vertebrae will affect the alignment of the whole spine.

The concept of the body as a hologram is used for diagnosis. It is also used as a basis for treatments. Working with the mind changes the internal chemical environment. Specific acupuncture points in the leg can release tension in the shoulders. The body is an intrinsic fascinating holographic network of energy.

Definitions

Client versus Patient. A client is someone who leans on someone else for support or advise. A patient is someone who receives care or treatment from a doctor. For the purpose of this book client is used as it more clearly defines the practitioner as someone who provides advise versus someone who does the work to achieve health.

Energy Blocks. Energy is naturally in constant movement. When this movement is disrupted it creates an energetic block. Energetic blocks manifest as signs or symptoms in the physical, mental or emotional body. Such as, pain, discomfort, lack of flexibility, decreased movement or the formation of cysts or tumors. They can also manifest as worry, anxiety, and emotional issues that are unresolved.

Energetic Patterns. Energetic patterns are the accumulation of the energetic shifts in the body. It is possible to display more than one energetic pattern at a time. Each individual energetic pattern is a reflection of the same root cause or lifestyle behaviour.

Energetic Shifts. An energetic shift relates to the movement of energy from one pattern to another. Energy shifts in response to all the influences that it encounters. Whether the energetic shift is toward health or toward disease depends on the specific influences.

Obstacles to Healing. An obstacle to healing is something that the body is constantly encountering that inhibits the healing process or something that the body is lacking to stimulate healing. Obstacles are specific for each individual. For example, smoking

might contribute to lung cancer and be an obstacle to healing, yet someone else might smoke their whole life without the smoking having a noticeable impact to their health. Healing requires specific building blocks like nutrients, water, movement and sleep. It also requires a mindset of health and a willingness to resolve emotional issues. Often the healing ability of the body is impacted because of the lack of the basic building blocks, excess consumption of certain foods or stimulants or because a person is unable to envision being healthy.

Root Cause. There are specific reasons for the shift from health to disease. For many diseases there are situations or events that initiated the shift. Whatever initiated the body to move toward a diseased state is considered the root cause of the disease. Root causes often reside on the mental and emotional level but can also be due to dietary habits and to lifestyle habits.

Triggers. Triggers are lifestyle habits or situations that add to and reinforce an energetic shift. For example, a person might be anxious about an event. Why they are anxious will identify the root cause. Their change in breathing pattern, the fact that they eat too much sugary food, don't drink enough water and don't exercise might trigger the anxiety to be worse. Addressing the triggers to health can greatly improve quality of life and ease the process of addressing the root cause.

THE BALANCE BETWEEN HEALTH AND DISEASE

2

Human beings are energetic beings. They are constantly changing. Change is the part of growing, repairing, living and dying. The body is always in a continuous multi-factorial process between health and disease. The outcome of this process depends strongly on the input and the focus. Health is more of an attitude than it is the absence of symptoms. The desirability of the outcome depends on one's beliefs, expectations and desires. Understanding health starts with exploring the aspects that play into the process, such as levels of health, the building blocks to health and the key indicators to health.

For the purpose of this book, health is viewed as achieving three objectives:

1. The ability of an individual's energetic elements to work harmoniously.
2. The body's ability to respond to energetic influences with ease and clarity.
3. Balance of the spiritual, mental, emotional and physical body within their environment.

Aspects of Health

The body and hence health can be viewed from a spiritual, mental, emotional, physical or environmental point of view. People have their own definition and way of looking at health. The priority that a person puts on different aspects or levels of health will shape how they live their life and the outcomes they experience. The levels of health are inter-connected. They mirror each other. Each one contributes to healing and can manifest disease. The more a person appreciates the value and role of each level of health and the degree to which these levels are integrated the deeper the choices one has for health.

Building Blocks to Health

There are eight basic building blocks to health. These are the components that provide the ‘fuel’ and structure for the body to function. The building blocks are the aspects of health promotion, the healthy habits, which influence all stages of life and all stages of health and disease. The way and degree to which a person incorporates all the building blocks into their life will influence the energetics of the body and a person’s ability to sustain health. The eight building blocks are:

- Aligned posture
- Adequate rest and sleep
- Freedom of movement
- Food that is healthy for your body
- Adequate water
- Expression of emotions
- Proper breathing
- Positive mental outlook and mind chatter

Posture is a manifestation of earth energy. It represents the ability of the body to maintain structure and form. An aligned posture provides open and straight pathways for the flow of energy.

Rest and Sleep are a manifestation of the earth element. They represent the body’s ability to slow down, to heal and to grow. Insomnia and restless sleeping are often due to thinking too much (an excess of the air element), consuming too many stimulants like caffeine (an excess of the fire element) or not enough darkness and not being settled within oneself (a deficiency of earth).

Movement is about the body’s ability to flow in space. It represents the flexibility of the body. Overall movement is a quality of the elements water and air. Different types of movement and exercises can strengthen different elements. For example:

Earth: Stretching or lengthening exercises increase earth. Slowing down and exercising to a scheduled structured routine will also increase the earth quality.

Water: Walking or swimming increase water. Keeping exercises flowing in a constant direction with gentle movements is also a water quality.

Fire: Weights, squash, spinning, running or kickboxing will increase fire. Any exercise that is rapid or intense will stimulate the fire quality.

Air: Breathing and dancing are the best exercises to work the air element. Any exercise that is light and variable in its movements, for example dancing, increases the air quality.

Ether: Meditation and movement that involves stillness and tranquility enhance ether.

Food is the primary way we nurture ourselves. Overall food and eating are a quality of the water element. Food is more than protein, carbohydrates and fats. It is energetic and its energetic properties can contribute to disease, assist in healing and influence you on a daily basis. When you are looking at the body from an energetic point of view it is important to look at the energetics of one's diet as well. For example:

Earth: Food that grows under the ground (potatoes, parsnips, carrots, beets, onions and garlic) all increase earth. Food that is sweet and hot increases the earth quality.

Water: Food that grows on a vine (tomatoes, melons, squash) or that grows up to 2 feet tall (green vegetables) increase the water element. Food that is salty and cold increases the water quality.

Fire: Grains and legumes or food that grows two feet to six feet are fire foods. Fire foods are also foods that are bitter and hot.

Air: Nuts, seeds and fruit are air foods. Sour food also increases the air quality.

Ether: Sprouts are considered an ether food. Overall the aesthetics, your eating environment, the taste and enjoyment that you get from your food represent the ether quality of food.

Water directly affects the water element in the body. The body is over 70% water. Water is one of the most common and essential components in the body. It is a life-sustaining and life-giving substance that is required for every living function and structure. Without sufficient water on a regular basis the body soon becomes dehydrated. This affects energy, health and longevity.

Expression of Emotions is a quality of the fire element. The way the emotions are expressed represent specific elements, but expression itself is a quality of fire. Table 3.5 looks at the different qualities of emotions. Health is most easily maintained when a person feels safe and able to express their emotions. When there is a difference between what a person feels inside and what they express inner chaos is created. This chaos contributes to disease. For example, if a person is unhappy with their marriage, their job and their life and they feel depressed, the depression is a true reflection of their life. To provide a treatment recommendation that makes a person content in a situation that is not healthy does not restore balance, it intensifies the imbalance.

Breathing is an air activity. It represents the ability of the body to take in air to every cell of the body. It is the only activity that you do throughout our whole life and it is an activity that you do both consciously and unconsciously. Breathing directly affects the nervous system and the lungs, both aspects of the air element. The way a person breathes affects the quality of their air element and their expression of Yin Yang. See Table 3.1.

The Mind is an aspect of the air element. It influences every aspect of health and disease. Table 3.4 looks at the different aspects of the mind energetically. The mind is like

the master controller of the body. It can restore health on its own, it can intensify the impact of subtle interventions and it can nullify the impact of an extensive treatment intervention. Over the next few generations the focus of the mind in healing will become one of the greatest areas of research and study. A person's mind chatter, mental state, outlook on life, beliefs and a person's ability to work with their mind to address areas of stress and achieve health outcomes is one of the most important contributors to health.

Key Indicators of Health

At the first onset of the body lacking the necessary building blocks to health something in the body will shift away from health. The initial shifts often are subtle. How and what shifts relates to what the body is lacking or how it is compensating. The first aspect of health to shift is usually one of the key indicators to health. When the body is in a state of health a person will find that the indicators are strong and they manifest as:

- Normal elimination of feces, urine and sweat
- Adequate and sound sleep
- Healthy appetite and thirst
- Ability to move freely
- Normal temperature regulation
- Positive mood and ability to express emotions appropriately
- Proper breathing capability
- High energy level

As the body starts to move away from health one or more of the key indicators will shift. Likewise, as a person's health starts to improve you will see an improvement in the key indicators. This often occurs before there is an improvement in other factors, such as the amount of pain. The following looks at the five key indicators energetically.

The *earth aspect* is conveyed through the ability to eliminate feces, urine and sweat and in the ability to have adequate sound sleep.

The *water aspect* is conveyed through a healthy appetite and thirst and the ability to move freely.

The *fire aspect* is conveyed through normal temperature regulation, positive mood and the ability to express emotions appropriately.

The *air aspect* is conveyed through proper breathing and the ability to move.

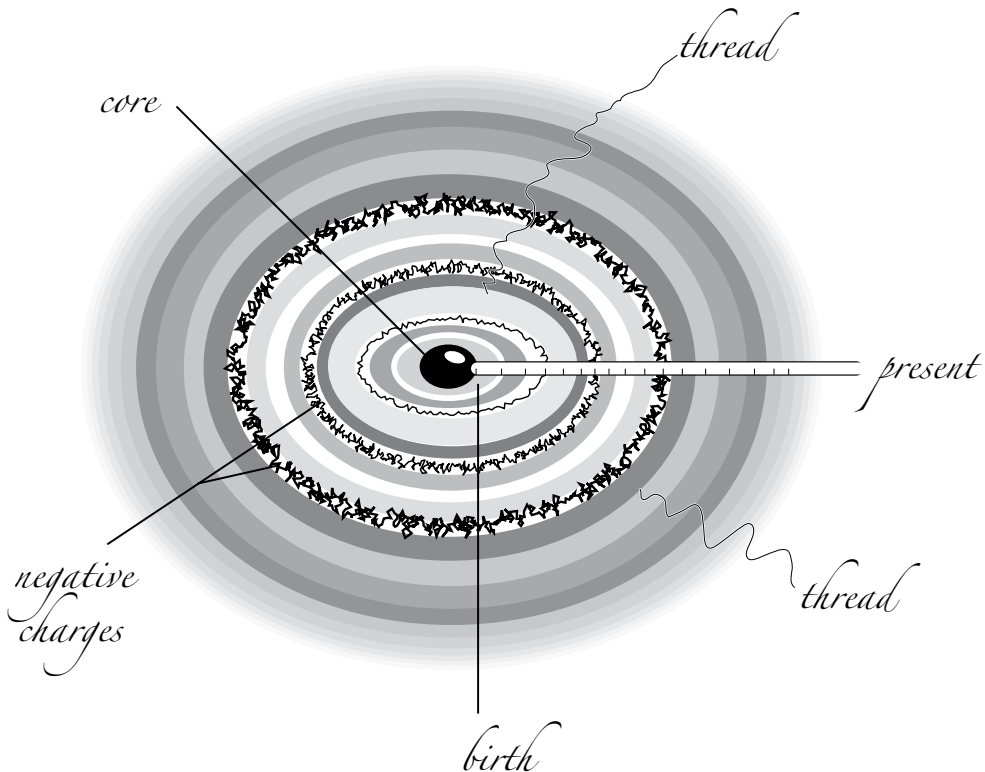
The *ether aspect* is reflected in a person's energy overall. It is also reflected in the quality of all the other elements.

Health Concepts

The following three concepts help to explain the energetics of the body – the first being the layers of life, the second waves of energy and the third, the body as a bucket.

Layers of Life

Life can be viewed as layers. Each layer represents a different event or situation that has impacted a person's life. Some layers strengthen health and others detract from it. The most superficial layer is the current layer, the one that is present. The core represents your constitution, your innate vitality. The layers that detract from health hold a negative charge and attract or pull down a person's energy. The process of healing involves addressing layers that detract from health starting at the most superficial and going to the deeper layers. During life there is often a common thread or theme to the events that have impacted health. Through the healing process you can often address many layers that are detracting from health at once when you treat the root cause of the energetic thread. As the layers are addressed the negative charge is released and the body is able to move towards a higher level of health.

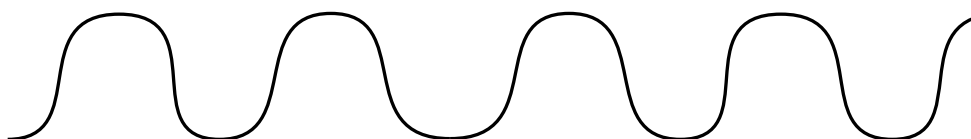


Waves of Energy

The energy of life occurs as pulsations or waves of energy throughout the body. We see these pulsating waves in the beating of the heart, the pulses, the movement of cerebral spinal fluid, breath and even movement at a cellular level. You can determine different qualities of life energy by listening and feeling the pulsating energetic waves of the body.

The waves are a closed circuit, the energy always returns to source. The Waves of Energy look at the movement of the wave at a specific point along the circuit. A healthy wave has a wide amplitude and frequency. This provides the body with great adaptability and strength. It is able to adjust to changes with ease and flexibility. As disease sets in, wave patterns change and either become closer together and with shorter amplitude or becomes more erratic. This change in wave pattern indicates that the body is weaker; it is not as flexible or tolerant and is not able to adjust with the same ease. The aim of healing is to restore the pulsations of the body back to a healthy flexible wave pattern.

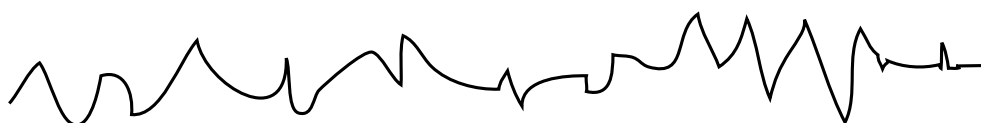
Health



Disease



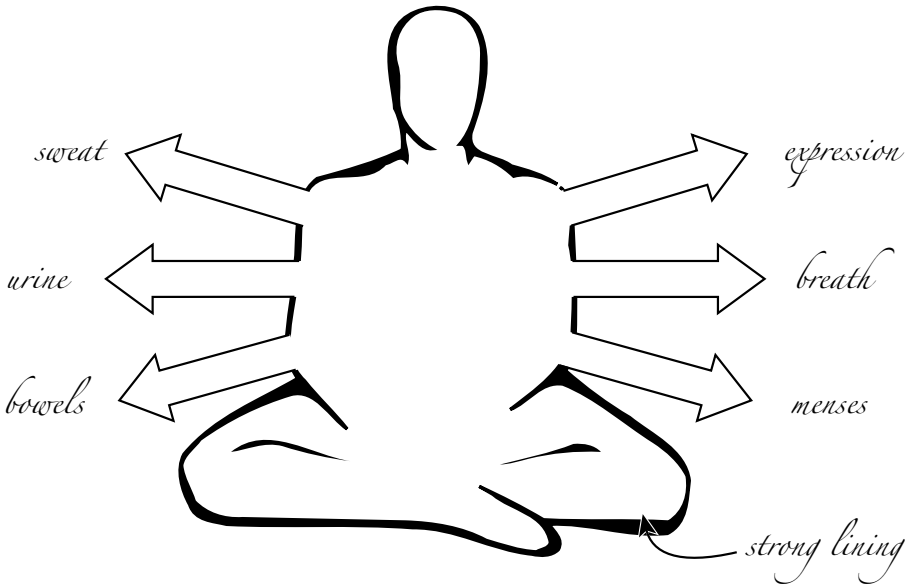
Death



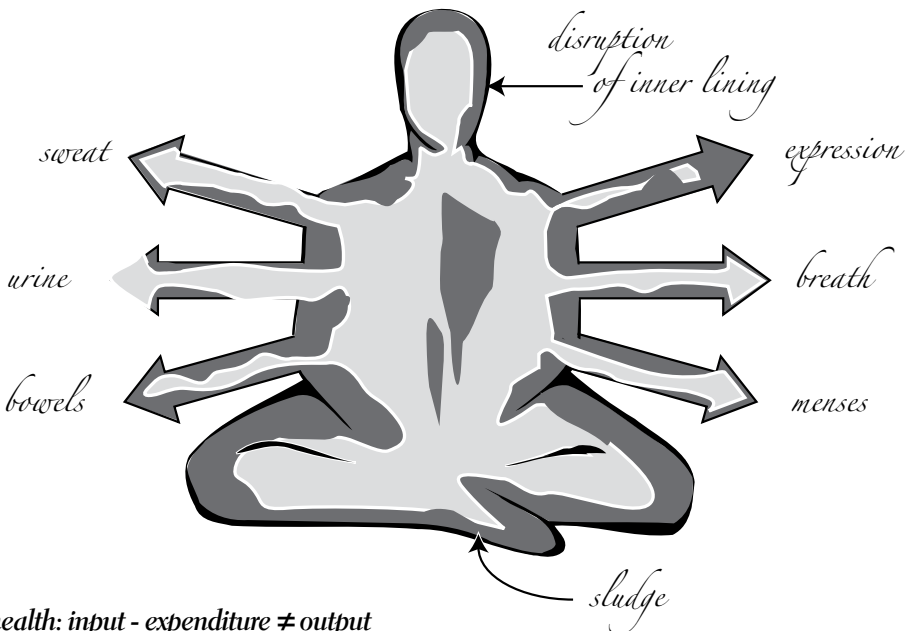
The Body as a Bucket

The body can be viewed as a bucket. The bucket has a structure and outlets for elimination. A person's constitution, their areas of susceptibility and the stress that the body has had to deal with over time affect the integrity and strength of the structure. The outlets are the routes of elimination for anything that the body (or bucket) does not require. There are six outlets: expression of emotion, breath, sweat, urine, bowel move-

ments and menstruation. When the body is not in a healthy balance one or more of the outlets will often be affected. The bucket takes in everything that the body encounters, both literally and figuratively. For example, the input includes food, breath, pollution, visual input, sound, smells, thoughts and emotions. Health is maintained when the input less what is used by the body equals the output. When the body is unable to eliminate the excess sludge builds up on the walls of the bucket. Healing strategies involve addressing the input that the body has to deal with and/or getting rid of the sludge on the walls of the bucket so that it can function more efficiently.



Health: $\text{input} - \text{expenditure} = \text{output}$



Ill health: $\text{input} - \text{expenditure} \neq \text{output}$

Causes of Symptoms and Diseases

Symptoms and diseases themselves can be positive events; they simply indicate that the body is undergoing an energetic shift. It is the emotion and opinion that we assign to the shift that determines whether it is a symptom or disease that is desirable or one that is undesirable and needs to be addressed. Your personal opinion about physical symptoms and disease will influence your perspective and your approach. The more you approach health and disease with an open mind and curiosity, the broader your perspective and the greater your options for change.

The body has an innate ability to heal itself. It is constantly healing, repairing, growing and changing. The movement between health and disease is a process that can shift in either direction. Research has only just started to uncover the tremendous potential of the body and the intrinsic processes that occur on an ongoing basis.

Health and disease can be thought of as a frame of mind or mode that the body is in. When the messages of the body are being addressed and the body is in the mode of healing it will heal itself. On the other hand, when the messages are being ignored and the body is being forced to shift because of drugs, surgery or treatments that mask the messages it will remain in the mode of disease. It is not difficult to impose change on the body. The body is energy after all and will respond to any energetic influence that it comes in contact with. What is difficult is having the body maintain change on a cellular or energetic level. The introduction of different health building options might slow down, prolong or lessen the burden on the body but they won't, by themselves, create a change that will hold. For change to be held you have to address the root cause of disease and acknowledge the willpower of the person.

Health and disease is also a reflection of vitality. Vitality is determined by a person's inherent constitution when they are born, a person's age, their will and disease itself. Some people are born with a strong constitution. They have the ability to fight disease and withstand a lot of stress without it affecting their health. Others are more sensitive and have a much greater degree of inner weakness and susceptibility. As people age the effect of life takes its toll. If a person believes that disease and a lower level of health comes with age the drop in vitality can be more a reflection of their belief than age itself. The will to live directly affects vitality. A loss of will might be much more disastrous to health than disease itself.

There are many different, interrelated reasons why symptoms and disease occur. Some of them are due to exogenous factors and others to endogenous ones. In every situation look for how many of them influence the shift away from health. The following reviews a number of those reasons.

Table 2.1: Causes of Symptoms and Disease

A result of the past, present or future events.	The reality of use it or lose it.
A response to internal, external or universal influences.	Misuse, under/over use or abuse of the senses.
A process due to immediate, gradual or progressive insult.	A state of excess or deficiency of any element.
Restriction due to fear or beliefs.	Incongruence with the rhythm of life.
Suppression of natural urges or symptoms.	A message for change and growth.

Result

Energetic shifts in the body can be a result of past, present or future events or insults.

Past. Many diseases, especially chronic diseases, are due to a history of eating poorly or having a lifestyle that is too hectic and without joy, or holding onto emotions that are unhealthy. If a situation or lifestyle habit from the past is still affecting you the energetic pattern will show up in the present.

Present. You can see the impact on the body in times of crisis, when there is an accident, when we hear bad news, or when we are exposed to extreme temperatures. The impact of the present insult is mirrored by the degree of energetic shift on the body. The more you are aware of how your body responds in the present the easier it is for you to adjust to the impact situations will have on your health. For example, by learning to breathe properly under stressful situations you can decrease the impact that stress has on your health.

Future. Awareness of energetic shifts due to future events involves an element of inner trust and knowingness. You recognize that when you left your job, you met a special someone; or the time you missed your plane, you were needed at home. Often you are aware that something happened for a future reason when you look back to a period of time in your life.

Response

Something has to happen that triggers the energy to shift in a way that causes disharmony in the body. The onset of symptoms or disease is due to the body responding to internal, external or universal events or insults. What the body is responding to is often a key to identifying the root cause of a symptom or disease.

Internal refers to the inner workings of the body. When the inner or physical body is affected by the energetic shifts there is often a cascade of internal reactions that

contribute to disease. For example, the response might be due to too much worrying, a breakdown in cellular structure, a reaction to something you ate.

External refers to events or situations that occur around you. It might be a discussion you had with someone, an accident, news that you heard, responsibilities at work or even the weather. External events are often the initiator of energetic shifts.

Universal refers to energetic shifts on a more global scale. For example, the effect of the moon and sun on individuals, global warming or natural disasters, the impact of the collective consciousness or the introduction of new energies as the universe changes.

Process

Disease can be thought of as a process due to an immediate insult, a gradual insult or progressive insult to the body.

Immediate insult is something that affects the body immediately. There is a direct cause and effect, an immediate acute trauma on the body. For example, the unexpected death of someone you love, a car accident, a natural disaster. The body goes into a form of shock, on some level it shuts down or stops temporarily. The impact of the event affects the body and there is an immediate shift and change in the energy.

Gradual insults are due to a continual insult on the body. The energetic changes occur more subtly. The body becomes weakened, exhausted or less functional over time. Gradual insults are a result of an imbalance between what you take in and what you secrete and the continual abuse that the body is under due to not having the sufficient building blocks to health. There isn't a direct cause and effect because of the time lag and the numerous influences that the body encounters. Gradual insults are a very common cause of chronic diseases. They include such things as not enough sleep, poor diet, lack of water, unhealthy lifestyle, too much noise, negative thoughts, pollution or unsupportive relationships. The list goes on and on.

Progressive insults are a result of the breakdown of the body itself. Although the body is energetic, on a cellular level it runs similar to a factory. There are a series of processes and pathways that are interrelated and that feed each other. Each cell, tissue, organ and structure has a purpose and is required for the proper functioning of something else. Progressive insults occur when the functioning of the body, at some level, is impeded which then affects the functioning at another level. The insult of the body might have occurred on one level in one organ, yet the result on the body over time is much greater and affects many more aspects of the body. For example, someone you love dies – you hold the sadness and loneliness in your heart – your heart becomes tighter and your blood pressure rises – this puts stress on your blood vessels and increases the release of cortisol – you end up with high

blood pressure, headaches, leg cramps, insomnia, constipation and fatigue. The greatest and deepest impact will remain in the area of the initial insult, yet the overall effect is wide spread. An understanding of anatomy, physiology and pathology is required to fully understand the progressive changes that occur in the human body.

Restriction

The inner restrictions that we place on ourselves influence health and disease to a large degree. When the body is in a restricted state there is less movement, flow and flexibility on all levels. The two main emotions that cause restriction are fears and beliefs.

Fear. Fear is an emotion based on a deficiency of internal earth. It is based on a feeling of a lack of support, safety, insufficient structure or low self-esteem. For every deficiency there is an accompanying state of excess. What you are fearful of is the excess and that determines what aspect of the body will be restricted. For example, a fear of heights manifest as anxiety. The anxiety is a reflection of an over active nervous system. The restriction is in the air element since heights are an air quality and the nervous system is a manifestation of air. Fear is restrictive as it limits what you will or will not do. It limits the experiences that you have and shapes how you interpret your experiences.

Beliefs. Beliefs are less intense than fears. They can be both restrictive and supportive. Core beliefs are like the internal programming or language that is used to interpret life. Many decisions are based on beliefs. Beliefs such as: 'I'm not strong enough', 'not smart enough', 'not lucky', 'not healthy enough' or 'not wanted' restrict the experiences one has and they restrict health. Dealing with the root causes of many diseases often involves addressing core beliefs or fears.

Suppression

The suppression of natural urges or symptoms themselves impede the body's attempt to heal and express, thus contributing to disease.

Natural Urges. Disease is often caused by the habitual suppression of natural urges. The natural urges are: urination, hunger, burping, thirst, strong breathing or panting due to exercise, passing gases, bowel movements, ejaculation of semen, yawning, vomiting, sneezing, tears and sleep. These natural urges are an internal mechanism of the body to adjust to states of excess, deficiency or disharmony. The suppression of these urges inhibits the body's natural ability to bring about balance. For example, hunger indicates that the body requires fuel to function. When we ignore the cravings of hunger the body shuts down, as it doesn't have the building blocks to work. If we continually ignore the craving of hunger the hunger response will turn off and we lose that communication with our inner self.

Symptoms. Disease, especially in this day and age, is too often caused or is the result of the suppression of symptoms. Symptoms are a sign that something needs to change. When the symptoms are suppressed versus the root cause addressed the disease is forced deeper into the body. The deeper the disease is, the greater the impact on health. A skin rash for example might be a sign that an organ of the body is over loaded. The rash is a way of the body excreting the toxins without harming the organ. When treatments are used that suppress the rash, the toxins are forced back into the body and health is impacted at a deeper level. Another example is anxiety or a sign of uneasiness that indicates change is needed on some level. The root cause might be the food you're eating, a job you need to leave or an opportunity that would be beneficial to go for. If you take medication to decrease the uneasiness without awareness of what is behind it you suppress the message. The change that needs to be made isn't made. The uneasiness goes deeper affecting the body at a deeper level and when you stop the medication the uneasiness is often still there.

The Reality of Use It or Lose It

The act of using any aspect of the body increases the energy and nutrient flow to that part. The more you work your muscles the stronger they become. To maintain flexibility stretch and work the full range of motion of the joints. Keeping the mind active with new and challenging tasks is one of the best ways to prevent dementia.

Healing is about supporting the functions of the body, not taking over. For example, helping the bowels out with laxatives makes them lazy and decreases the body's ability to have normal bowel function on its own. Taking too many supplements means the body doesn't have to work specific pathways and those pathways lose the ability to function. Every aspect of the body needs to be used on a regular basis to keep it healthy.

Misuse, Under/Over Use or Abuse of the Senses

The senses are the main avenue for taking in information and experiencing life. Constant visual and auditory stimulation overwhelms the body. For example, many people will relax after a long day's work by sitting in front of the television. The eyes and ears are still being stimulated. With the tremendous increase of electronic communication the ability and opportunity to speak has decreased. Many people eat in such a hurry that they seldom taste their food and hence impact the body's ability to produce the digestive enzymes that are needed. I encourage you to stop and explore how you utilize, value and replenish your senses.

An Excess or Deficiency

Any energetic influence or element can be quantitatively looked at as being either in a state of excess or deficiency. Energy works on the concept of like increases like and opposites decrease. Too much or too little suppresses the natural healing reaction. What exactly is too much or too little depends on the unique constitution of the individual at any specific point and time. For example, earth people feel safe and comfortable with a lot of routine and structure. Air people find routine and structure constrictive and boring, they need variety and spontaneity. Whenever there is a state of excess in an element or body part another element or body part will become deficient as a way of compensating or maintaining internal balance. For example, if a person is angry and frustrated this excessive expression of fire that sits in the liver might be compensated by a decrease in the body's ability to absorb nutrients. The excess fire has dried up the water.

Excess is about too much. As energy can take many forms it is often the similar energetic vibration of these many forms that causes a state of excess. For example, the following are all qualities of the fire element: eating spicy hot food, a warm summer day, a frustrating conversation, being exposed to loud noise or bright coloured clothing. Each of these alone might not be excessive but the effects of energy are additive and together they cause the body to be in a state of excess. When the body is in a state of excess it will indicate it through symptoms. The specific symptoms depend on the element affected. A state of excess is also caused by an imbalance between what you take in (digest or process) and what you let go of (excrete or express). For the body to maintain health there needs to be a balance between the two. Health is often affected by taking in too much from the external environment – excessive food, noise, light, stress, responsibilities, or possessions and releasing too little.

Deficiency. There are two main causes of deficiency. The first being the lack of nutrients or energy needed for optimal functioning. For example, poor diet, not enough sleep or relaxation, lack of exercise, lack of water, lack of nurturing, feeling of not being safe or loved. The second being a state of deficiency brought on due to a state of exhaustion after being in a state of excess for too long. In this case the excess used up too much of the body's reserve and the body starts to break down. Most chronic conditions are due to a deficiency state brought on by a combination of a deficiency in the building blocks to health and a lifestyle that is excessive and unhealthy. For example, poor diet, not enough sleep, not enough exercise and enjoyment in life, too much rich food and junk food, too much coffee, working long hours and too much noise and light and too much stress.

Incongruence with the Rhythm of Life

There is a rhythm to sunrise and sunset, the lunar cycle, birth and death. The body is

able to maintain health the easiest when it is in sync with this rhythm. The impact of shift work on sleeping and on health is well documented. The body is meant to sleep at night and to be alert in the daytime. Eating at regular times throughout the day and by season contributes to a person's health. A person's outlook on health and life changes as they age. Adjusting eating habits, exercise and lifestyle to correspond with age is an important aspect of staying in rhythm with life.

A Message for Change or Growth

Symptoms are messages on many levels. They are a way of the conscious mind becoming aware of the unconscious. Messages are a way of the internal body indicating that changes are required in the external environment. They are a way of your body informing you that it can't handle a specific food or situation, or a way of connecting the impact that a stressful situation is having on your health. For some people symptoms are an indication of a heightened awareness of the collective consciousness and a message that the universe is shifting. Symptoms are logical. There is a reason behind every message. The more you are aware of and understand the meaning of the messages the more choices you have and the greater your enjoyment of health.

The Phases between Health and Disease

Most people are able to define a point in time that their health shifted. For some it is after a specific event. For others it is a more gradual progression over a longer period of time. For everyone it is about oscillating between health and disease over a lifetime. As one ages their definition of health and the tolerance of disease changes, as do the depth and breadth of the shifts.

More than 99.9% of all energetic responses in the body occur without consciousness. We are unaware of the numerous energetic and chemical reactions that occur at every moment in time.

If we look at the time between when you were healthy to when you were aware of symptoms of ill health you can track the progression between health and disease. The process varies for each person in length at each phase and in severity and intensity, but the phases are consistent.

Before you look at how a person shifts between health and disease find out two things about them. The first being their energetic constitution and the second being their innate and current vitality.

Energetic constitution provides insight into a person's elemental makeup, their areas of susceptibility and an understanding of how they will respond to different types of energetic influences.

Vitality provides information on the degree of responsiveness that an individual is expected to have. Vitality is influenced by a person's age, their desire to live and their constitution.

The seven phases between health and disease include:

1. **Event or insult.** First something has to happen that your body responds to. It might be an actual event, like an accident, or it might be an accumulation of similar events with the same energetic pattern, it could be something that is said or a bad meal.
2. **Energetic Shift.** The body responds or reacts on some level. It might be subtle like a disruption in sleep; a drop in energy or an upset stomach or as overt as pain, discomfort and anger.
3. **Shift in Intellectual Consciousness.** The mind is the entry point for processing information. When an event happens where a conscious response is required the mind is activated. There is mental awareness either of the event, the shift or both.

At this point a person has a few options. Once they recognize the shift they can acknowledge and respond to the event in a way that restores health. They can acknowledge the event and choose not to respond, or they can ignore the event. If the response of the body doesn't restore a healthy balance then the following occurs:

4. **Emotional Impact.** Based on a person's constitution, their fears, beliefs and current energetic state, the event will have a specific impact. They will have an opinion or emotion about the event. At any point in time during the process the body can adjust to the event and restate a healthy balance in the body. When the energy of the event stays charged for an individual, the impact will progress and the body will shift further away from health.
5. **Disruption in Flow.** There will be energetic blocks and a disruption in the flow of nutrients across the cellular membranes, a blockage in the body's ability to eliminate toxins or a change in the flow of emotions. On some level there will be signs of stagnation, pain or lack of movement. The insult that has caused the energetic shift will affect a specific tissue, organ, thought pattern or physical part of the body. The area that is affected will provide further insight, a louder message, as to the energetics of the original event or insult.
6. **Functional Changes.** The body will start to display functional changes on the cellular and chemical level as the impact of the event becomes more engrained in the body and disruption in flow impacts health at a deeper level. Functional changes will manifest as a change in the chemical balance of blood, urine or saliva. The tissues start to breakdown. The production of digestive juices, enzymes, hormones and neurotransmitters becomes impeded. Or there is a buildup of toxins in the body, inflammation and an accumulation of waste products.

7. ***Physical Changes.*** When the body starts to display physical changes this indicates the energetic impact of the event has progressed even further away from a healthy state. At this level disease can be defined, structural changes are evident and symptoms are apparent. The amount of physical change and the severity and intensity of the disease are all an indication of the degree of energetic imbalance that exists and the urgency for change.

ENERGETIC PATTERNS

3

All energetic shifts occur in patterns. These patterns are specific, logical manifestations of the interplay of the energetic imbalances. An energetic imbalance of one element affects every other element and the quality of that impact varies. For example, the heat from the sun can dry up the earth, or a good rain can nurture a growing crop. The energetics of each element is always in play with the other elements.

Interpreting an energetic pattern is about understanding the impact of the elements on each other and the quality of that impact. With every pattern there are at least two aspects. The first aspect looks at the elements that are shifting. The second looks at the quality of that shift. Energetic interpretation is about becoming aware of energetic patterns and understanding their significance on many levels. The examples below provide generalizations of how the qualities and elements manifest. Energy is an intrinsic science with many contributing factors and variables. The examples are provided as a guide, not as an absolute.

There are different approaches to assessing health and disease. They are all valuable in their own way. What an energetic approach provides is a global framework for understanding people and their environment in a healthy state, in a disease state and in the treatment process. This book explores the energetic patterns internal and external, Yin Yang, excess and deficiency, energetic poles, the elements themselves and the energetics of the body.

Internal and External

The pattern of internal and external represents a quality of the energetic pattern. Like all aspects of energy, the concept of internal and external is a continuum. It is the balance between internal and external that results in health. You can think of internal and external from the point of view of a person's focus and from the point of view of the source of the energy itself.

Internal Focus refers to someone who is focused on themselves more than others. They are more aware of their own aches and pains, what bothers them and how things have

impacted them. An internal focus, to a degree, is needed when one is looking at shifting to a higher state of health, as health is mostly an internal state of well being.

External Focus refers to someone who is focused outward, someone who is more concerned with others, their responsibilities or the environment. For example, someone is said to be in an external focus when they have little awareness of their own health or physical symptoms, someone who works long hours, takes care of other people or focuses on achieving material possessions.

Manifestation of Internal versus External Focus

I have listed the pattern of internal versus external first, as it is usually the first pattern that becomes apparent when you talk to a person. You will hear someone's focus in their language, in their stories. If the focus is internal, their talk will be about them – what they are feeling, what part of their body is bothering them, their hardships and how others affect them. Internally focused people are more aware of their physical body. There is a heightened awareness and concern for every sign or symptom of imbalance.

If the focus is external it is about their life – what they do for a living, how many children they have and their responsibility to others. They become concerned with their health when it affects their ability to fulfill their responsibilities to others. Externally focused people have little awareness of their physical body. The timing, intensity, duration and correlation of physical symptoms are often unclear.

Internal Sources refers to energetic shifts that occur within a person due to their thought patterns, unexpressed and held emotions or due to physiological changes in the body. The internal is a reflection of how we see our life, the impact that it is having on our sense of self, our ability to fulfill our dreams, our passions and our inner health.

External Sources refer to energetic shifts that occur due to one's environment or things that happen externally. External refers to your relationships and your reaction to others. It reflects the impact, drain or pull that you feel from family, friends, your job and your responsibilities.

Manifestation of Internal versus External Sources

The center core, the midline, and the medial aspect of the body represents the internal aspect. Those organs that we have one of and that are located in the midline or medial aspect of the body are more likely to hold energetic shifts due to internal patterns. The heart is a good example of an organ that is often affected due to internal factors, such as lack of love, grief, or loneliness. The spinal cord holds the cerebral spinal fluid. This fluid carries the essence of a person and energetic shifts on this level impact a person on a core level. Other organs that tend to represent

more internal shifts include the bladder, uterus, aorta, esophagus and brain. We only have one liver, stomach, pancreas and spleen. Their placement is medial to lateral in the body, indicating the tendency to be affected by internal and external influences.

The lateral aspect of the body is more affected by external influences. Those organs that you have two of are more likely to be affected by relationships, outward responsibilities and external influences. For example, stress around relationship issues often affects the ovaries. Other organs that tend to represent more external influences include the kidneys and lungs. The extremities, by nature, tend to represent our relationship to the external world. The arms are used to give and receive. With the legs we move forward through life. Even within the extremities there is a medial and lateral component. The inner aspect of the thigh and the inside of the arm are more medial and tend to be affected when the issue is more about how an external issue, person or event affects us personally.

The location of any pain or discomfort is an indication of whether it represents more an internal or external reaction. The closer the symptom is to the midline or medial aspect of the body part the more it is about 'self'. The more lateral, the more it is about your reaction to something external or someone else.

Yin Yang



The concept of Yin Yang is based on Traditional Chinese Medicine. It is based on the flow of energy between two extremes. Yin Yang is a continuum without borders or boundaries. Everything can be explained based on its share of Yin Yang energies at any given point in time. Yin Yang is an expression of the quality and nature of energy.

Table 3.1 Yin Yang

YANG ENERGY	YIN ENERGY
Top-down	Bottom-up
Inside-out	Outside-in
Centrifugal – flowing outward	Centripetal – flowing inward
Front of the body – right side	Front of the body – left side
Back of the body – left side	Back of the body – right side
Left hemisphere of the brain	Right hemisphere of the brain

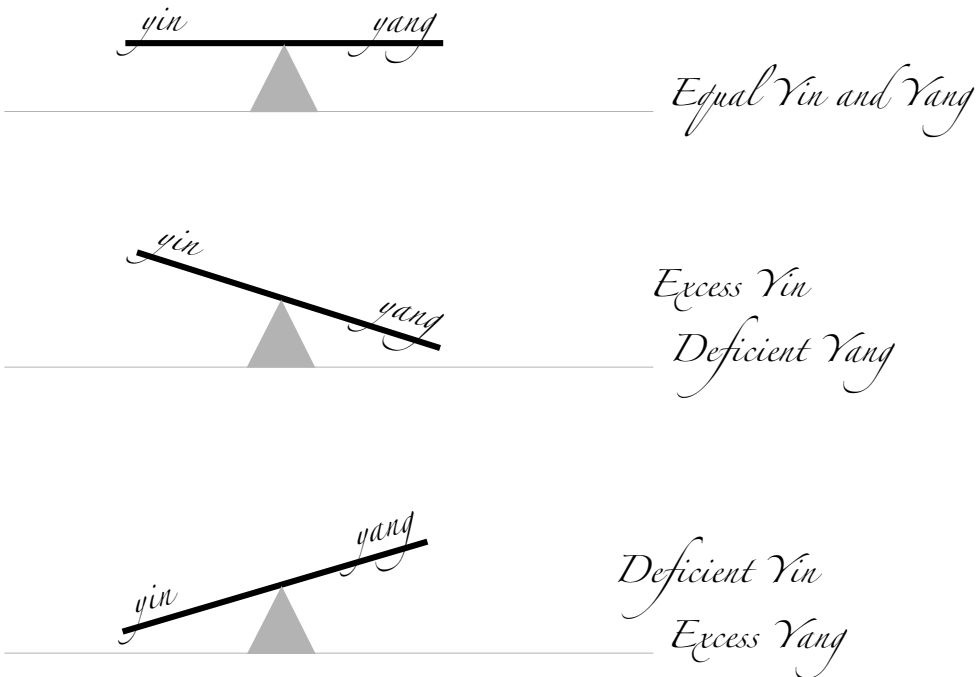
YANG ENERGY	YIN ENERGY
Superficial aspects of the body	Deeper aspects and organs in the body
<i>Organs</i> – gallbladder, stomach, small intestines, large intestines and urinary bladder	<i>Organs</i> – heart, lungs, spleen, liver and kidneys
Breath – exhalation	Breath – inhalation
Masculine	Feminine
Impulse to be, to act and to do.	Impulse to receive from others.
<i>Purpose:</i> To receive, break down and absorb, transport and excrete what you take in.	<i>Purpose:</i> To produce, transform, regulate, and store the energy, spirit, fluids and blood.
<i>Characteristics:</i> motion, outgoing, dynamic, transforming, giving, responsible, expressive, steady, logical, aggressive, action-oriented, contraction, physicalization and materialism.	<i>Characteristics:</i> yielding, nourishing, maintenance, intuitive, receptive, creative, listening, gentle, expansion, dephysicalization and spiritualism.
Pathway into the material world.	Pathway back toward spirit.
Hot	Cold
Push, extensor muscles	Pull, flexor muscles
To balance use cold, begin at the core and work outwards.	To balance use heat, begin at the extremities and move to the core.
Often associated with acute illnesses.	Often associated with chronic illnesses.

The Manifestation of Yin Yang

The quality of Yin Yang can be found in everything. From a physical body point of view it is apparent when the symptoms have a sidedness, a tendency to be more right or left, or more the front versus the back. There will be a movement more in one direction, than another. It is not uncommon for someone to have a range of physical complaints that all occur on one side of the body – a sore right shoulder, a right hip that gets stuck, weak knees worse on the right, and an ear infection that started on the right side. When dealing with the extremities there is often a Yin Yang pattern, a difference in the symptoms right to left. If someone was experiencing pain or discomfort that was equal in a joint, or body part, it would indicate more of an elemental pattern.

Yin Yang imbalances often appear in the organs. As outlined in the previous table there are specific Yin organs and Yang organs. Acupuncture meridians are an invisible organized network of energy that mirrors the Yin Yang of the body and that links all the organs. The meridians hold the energetic blockages and can be used to assist the body in restoring balance.

The balance of Yin Yang can be thought of as a pendulum swing or a balance board. When Yang is too high Yin will be deficient. Or when Yin is too high Yang will be deficient. Health is maintained in the balance between the two. But keep in mind the healthy balance is individual for each person.



Excess and Deficiency

Excess and Deficiency are a cause of disease. They are also a quality or sub category of Yin Yang and the elements. Excess manifests as intensity, forceful movements, loud and full voice, heavy breathing, pains that are worse with pressure, inflammation or an increase in weight or size. A thick coat on the tongue and a rapid strong pulse also indicate a state of excess. With respect to body fluids there can be an excess of hormones, enzymes, stomach acid and fluid. On a structural level excess can show up as stiffness or heaviness.

Deficiency is a lack of energy. It often manifest in a chronic state. As disease progresses the body becomes more deficient – energy, blood or fluids start to decrease. Signs of a deficiency state include frail, weakness and loss of strength, weak movements, pale skin, shallow breathing, pain relieved by pressure, spontaneous sweating or incontinence. With respect to body fluids there are not enough of specific hormones, enzymes, stomach acid or fluids such as urine, feces or sweat. Deficiency causes a breakdown in tissues, organs, muscles and structure. The tongue will be pale and thin and the pulses will feel weak.

Elements

The elements ether, air, fire, water and earth are the foundation of Ayurvedic Medicine. They represent the quantitative aspect of all matter, both organic and inorganic. Each element has a specific energetic quality to its vibration. The vibration of a single element will manifest in many forms: colour, sound, emotion, thoughts, structure etc. For example, the fire element is yellow in colour, it is heard in loud staccato music, it is felt in the heat of the summer, fire food is hot and spicy, irritability and frustration are examples of fire emotions, passion, motivation and enthusiasm are expressions of fire and a fire build is muscular. Aspects of matter are often a combination of elements. Just as there are shades of colour, each one blending into the other.

It is important to first understand the characteristics of each element. Then you can understand how each element is represented in the body. When exploring the characteristics of an element it is important to be clear on your frame of reference. A physical body, in and of itself, is an earth structure. When looking at different physical bodies you see shapes and sizes that represent each individual element.

General Characteristics of the Elements

Ether All elements come from ether. Ether encompasses the two extremes – an individual's essence and their universe. A person's essence is their core, inner self or blueprint. Ether is the place of inner spirituality, tranquility and neutrality. A person's universe is everything that is outside of the body. It is

represented by where one lives, seasons, weather, an individual's work environment, their family and friends, the noise, sound and light that they encounter on a daily basis. Ether patterns manifest in a person's vitality and their will to live. Ether is about the presence of energy overall. It doesn't have a definite form, in and of itself; it is conveyed in the quality of all energy.

Air Air is the main element of movement. It is about diversity, spontaneity and speed. Air is light, dry and flexible. The movement of the air element is primarily east to west around the body.

Fire Fire is about direction, force, power, time and focus. It can be impulsive, motivating and exciting. It can also be overpowering and frustrating. Fire is warming and drying in nature. The movement of fire is spiral in nature.

Water Water is also an element of movement. The quality of water movement is flowing. It is the element of nurture, creativity, intuition, unconscious emotion, and adaptability. It can be cleansing and compassionate or very needy and compulsive. Water is moist and cooling in nature. Water moves between the north and south poles of the body.

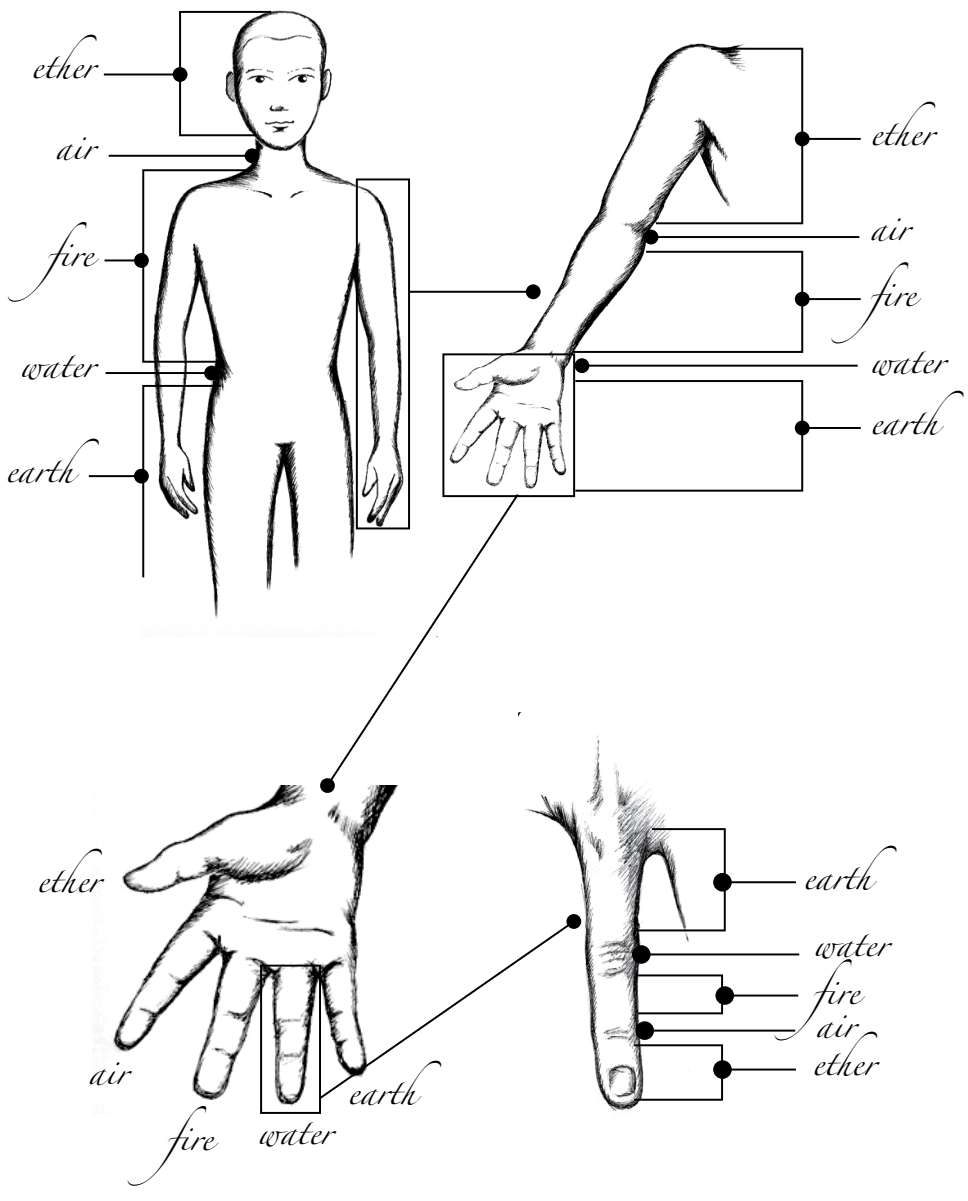
Earth Earth is the element of strength and structure. It represents manifestation, boundaries, a sense of safety and support. Earth is warm and drying in nature.

An Elemental Look at the Body

The body overall is a manifestation of earth. You can also look at individual aspects of the body and see how the elements are represented.

Table 3.2 An Elemental Look at the Body

Ether	Air	Fire	Water	Earth
Overall Body / External Factors	Mind	Emotions	Inner Body	Physical Structure
Head	Neck	Thorax	Waist	Lower Limb
Thigh / Upper Arm	Knee / Elbow	Leg / Lower Leg	Ankle / Wrist	Foot / Hand
Big Toe, Thumb	2nd Toe, Index Finger	3rd Toe or Finger	4th Toe or Ring Finger	5th Toe or Finger
Distal phalanx	Distal Interphalangeal Joint	Middle phalanx	Proximal Interphalangeal Joint	Proximal Phalanx



Notice how the ether aspects are the most proximal aspects of the body until you reach the hands and feet. At this point, the energy returns to source and the ether aspects are distal.

The Ether Aspect of the Elements

Ether is space. All elements are derived from ether. It represents the two extremes, the overall quality and purpose of each elements and the manifestation of the elements in the external environment. The chart below shows the qualities of ether in nature itself. How it manifests in such things as astrology, sound, food and art. Understanding the ether aspect of the elements is a valuable tool to assist the healing of the body. For example, if you determine that one of the underlying root causes is a deficiency of earth you can add earth foods to the diet or recommend that someone take up sculpturing or listen to drumming.

Table 3.3: Ether Aspect of the Elements

	Ether	Air	Fire	Water	Earth
Colour	Blue	Green	Yellow	Orange	Red
Quality	Sense of self, self esteem	Moderation, self regulation	Reality, self expression	Dependence, self care	Boundaries, self protection
Purpose	Blueprint	Formation	Action	Reaction	Manifestation
Characteristic	Subtlety and Space	Movement	Transformation and Light	Fluidity, liquified & cohesion	Solid, density
Action	Speaking	Grasping	Direction of movement	Procreativity	Excreting
Type of energy	Etheric energy	Electrical energy	Thermogenic or radiant energy	Chemical energy	Mechanical or physical energy
Environment	Space	Gas	Heat	Liquid	Solid
Focus on	Achievement 'I am'	Appearance 'I want'	Power 'I care'	People 'I need'	Material 'I have'
Gunas	Sattva	Rajas	Sattva & Rajas	Sattva & Tamas	Tamas
Sound	Silence 'G', HAM	High pitched, fast 'F', YAM	Loud, staccato 'E', RAM	Smooth, flowing 'D', VAM	Low, deep, slow, droning 'C', LAM
Sense	Hearing	Touch	Sight	Taste	Smell
Gem	Moonstone	Emerald	Coral	Pearl	Ruby
Art	Music	Dance	Painting	Cooking	Sculpture and aromas
Astrology	None	Gemini, Libra, Aquarius	Aries, Leo, Sagittarius	Cancer, Scorpio, Pisces	Taurus, Virgo, Capricorn
Planet	Mercury	Venus	Mars	Jupiter	Saturn

	Ether	Air	Fire	Water	Earth
Metal	Mercury	Copper	Iron	Tin	Lead
Business	Marketplace, Purpose	Sales	Finance and Operations	Marketing and Merchandising	Product or Service
Numerology	'5'	'4' & '6'	'2' & '8'	'3' & '7'	'1' & '9'
Food	Sprouts	Fruit, nuts, sour, 8 – 12 feet above the ground.	Grains, legumes, 2 – 6 feet above the ground, bitter and hot	Melons, green vegetables, ground level – 2 feet, salty and cold	Root vegetables, sweet and hot

The Elemental Aspects of the Mind

The mind overall has an air quality. When looking just at the mind you can see how all the elements are represented.

Table 3.4: Elemental Aspect of the Mind

	Ether	Air	Fire	Water	Earth
Overall	Stillness	Mental Activity	Intelligence	Creativity	Structure
Quality	Tranquility, peace, neutrality	Many thoughts & ideas, thinks before acting	Enthusiastic, willful, focused, perceptive	Sensitive, patient, fluid	Steady, enduring, routine
Attributes	Universal love, spaciousness & harmony	Attention, honesty & thought	Insight, power, quickness, motivated, inspirational	Intuition, receptivity, nurturing	Support, stability, practical, discrimination, slow & steady

The Elemental Aspects of the Emotions

Emotions have a fire quality, but when looking solely at emotions you can see how all the elements are represented.

Table 3.5: Elemental Aspect of the Emotions

	Ether	Air	Fire	Water	Earth
Overall	Freedom of expression	Gentleness	Warmth	Nurturing	Secure
Governs	Openness, inner self, expression	Lightness, diversity & movement	Sense of power, motivating	Adaptability & cleansing	Safety, basic existence & survival

	Ether	Air	Fire	Water	Earth
Balanced	Identity, humble, pride	Honest, integrity & charity	Enthusiastic, forgiving, courage	Receptive, compassionate	Protective, supporting
Excess Yang	Arrogant, shameless	Impatient, illusions	Resentful, judging, anger	Compulsive, passionate, lust	Invulnerable, defensive, paranoid
Excess Yin	Worthless, shamed, grief	Jealous, hopeless, desire	Controlled by others, frustration, competitive	Dependency, needy, attachment	No boundaries, anxious, fear

The Elemental Aspects of the Inner Body

The inner body represents the water aspect of a person. Within the inner body itself, every element is represented. To fully understand the elemental aspects of the inner body you require a solid foundation in the qualities of the elements and on the physiology of the body.

Table 3.6: Elemental Aspect of the Inner Body

	Ether	Air	Fire	Water	Earth
Overall	Lengthening	Speed of Response	Shaking	Flowing Movement	Contraction
Governs	Sleep	Thirst	Hunger	Luster	Laziness
Organs	Space	Chest cavity, lungs	Stomach, liver, spleen, heart, gallbladder	Bladder, secretory glands	Bone, colon & kidneys
Glands	Thyroid	Thymus	Pancreas	Ovaries & testis	Adrenals
Tissues	Cavities	Nerves	Ligaments, muscles	Fat, menstrual tissue	Blood, tendons
Fluid	Ovum, semen, CSF	Tears, breath	Enzymes, hormones	Lymph, plasma, sweat	Blood
Body Systems	Joints, spinal column	Nervous system, circulation & respiration	Digestion, metabolism	Endocrine, lymphatic & reproductive	Skeletal, elimination & immune

The Elemental Aspects of the Structural Body

The structural body represents the earth quality of a person. The different shapes and forms of the structural body are indicative of their elemental makeup.

Table 3.7: Elemental Aspect of the Structural Body

	Ether	Air	Fire	Water	Earth
Overall	Hair	Skin	Muscles	Flesh / Fat	Bone
Body Type	Overall appearance	Light, thin, wiry & underweight	Moderate, lean & muscular	Moderate to stout, padded look, easy to gain weight	Moderate to heavy build, square, firm structure
Chakra	Throat	Heart	Solar plexus	Sacral	Root

Energetic Poles

Energy is wave form. It is a vibration. The movement of this vibration can be looked at according to the concept of the positive, negative and neutral poles of the elements. These are called the triads.

Table 3.8: Energetic Poles

Element	Positive Pole	Neutral Pole	Negative Pole
Ether	Head	Sacrum	Arch of Foot
Air	Shoulders / Lungs	Kidneys	Ankles / Calves
Fire	Eyes / Forehead	Solar Plexus	Thighs
Water	Chest / Breast	Pelvis	Feet
Earth	Neck	Colon	Knees

Energetic shifts in the body often manifest in all three poles. The area of greatest manifestation represents where the energetic shift started. For example, it is very common for a person with an earth imbalance to have as stiff neck, constipation and weak knees.

In treatment it is often necessary to release the energetic blocks in the negative pole prior to the neutral or positive pole release as the negative pole often holds patterns that are more solidified and are more fixed. The aim of releasing energy blocks is to allow the energy to flow freely throughout the body. When the negative pole is released it allows for the neutral and positive poles to balance with more ease.

Energetic Constitution

Each person will have a unique constitution. This constitution is a reflection of the energy characteristics that they naturally display when in a healthy state and provides a guide as to how a person will interact with their environment and their life.. Look for all the elements that a person displays outwardly in their physical body and inwardly as represented by their emotions and mental nature. A person's constitution includes their elements of strengths and their areas of susceptibility. When healing energetically the aim is often to bring a person back to their natural energetic constitutional state.

When determining someone's natural constitution you are first looking for his or her elements of strength. That is, the element or elements that seem to dominate, that appear in more than one aspect or that are very clear. For example, they might have a very square solid body build and a mind that is very good with details and routine. Both of these indicate that earth is an element of their strength. Another example is someone who is of moderate muscular build, with soft rounded shoulders; they are nurturing and creative and like to take their time with things. They love fast dancing and slow walks and they tend to have very intense emotions, great enthusiasm and motivation for life. This is more a reflection of a strong fire with a water tendency.

The element or elements of susceptibility are those areas that tend to be weaker in a person. They tend to be areas that express signs or symptoms the most readily. For example, a person may have digestive concerns whenever they aren't feeling well or when they are stressed. This would indicate that the fire element was an element of susceptibility. Some people mistake a natural energetic tendency for an area of weakness. For example, an air person likes variety, spontaneity and movement. If they are not good at details and routine it might not be because earth is an area of weakness, but because air is an element of strength. A person's physical areas of weakness and the emotions and thoughts that they tend to have when they are upset indicate the elements of susceptibility.

A person will respond or shift in response to all energetic influences that it encounters. During an assessment you are looking for the elements that are currently in chaos or shifting. This will give you an idea of the elements or energetic qualities that are out of balance. The elements that tend to become imbalanced are seldom the elements of strength unless the state of excess or deficiency is extreme. They are more likely to be one or more of the other elements. For example, a person who's element of strength is earth is more likely to get out of balance when their life is too fast and too intense without enough structure. The area of imbalance is often, but not necessarily the area of susceptibility for a person. The more a person understands their elements of strength and their elements of susceptibility the more they will be able to understand how they respond to the life and what makes them unique.

Energetics of the Body

Every body part has a physical function, a purpose and an energetic meaning. The physical function and purpose provide insight into the energetic meaning. The more you understand what you do with the different aspects of your body and how disharmony in that body part affects you, the easier to correlate it with the energetics. The reason why a physical body shifts in a particular fashion for one person is often different for someone else. For example, for some a painful shoulder represents the inability to work, for others it is the inability to hug someone they love, for someone else it means the loss of independence because they can't drive and for someone else it just slows them down and makes them more cautious. What is common is that a person's ability to give or receive has been affected. There will be a similarity and a uniqueness to the energetics for every person.

General Guidelines for the Energetics of the Body

- The midline or center of the body often relates to issues that have to do with self or core issues.
- The extremities relate more to interaction with the external environment and other people.
- The intensity of the shift is either a reflection of the depth of the energetic impact or the need to change.
- A symptom that is constant relates to something you do constantly, or to a deep inner issue. For example, if you have gas every day it is either due to something you eat daily or a decrease in stomach juices overall. A decrease in stomach juices represents a decrease in internal fire. A decrease in internal fire can be due to a lack of passion, enthusiasm or focus in your life, fire that is exhausted because it is not being expressed, or expending too much fire externally and depleting the internal fire.
- A symptom that is periodic is related to something you do or encounter infrequently. When symptoms are periodic or intermittent it is helpful to look for the triggers and the pattern.

As you explore the following energetics of specific body parts keep an open mind. Look for as many explanations and purposes for each body part as you can. Human beings have a tremendous ability to compensate when one function of the body is in disharmony. The most important aspect of body energetics is the impact that an area of disharmony has on a person. When working with different clients seek to understand the correlation between their life and the impact it has on their physical body. It is the subtlety of body energetics that makes it applicable to an individual, not the generalities. For example:

The purpose of **arms** is to give and receive. Taking what you desire or deserve from life. Hanging on and letting go.

The purposes of **wrists** are to grasp and hang or to let go. Wrists have to do with the manifestation of giving and receiving.

Legs are for moving forward. Going towards something that you desire and look forward to. It is about having the direction to move into the next phase of your life.

Feet have to do with how you step into your life. They have to do with balance and groundedness. They represent the chronic aspect of our energy patterns. Each toe represents a different element.

The **back** is about motion. It is the motor aspects of the body. It also represents the past. It provides support and strength. It provides the structure and posture to the body.

The **front** is the sensory aspect of the body. The senses are located on the front. It is the acute or present aspect of health. The front provides the look and feel of a person. Most people view themselves primarily on how the front of their body looks.

The **chest** is about one's openness to the outside world. The chest cavity houses the lungs and heart, two organs associated with love and sadness. The chest represents one's comfort with expression.

ENERGETIC ASSESSMENTS

4

The value of any assessment is to provide insight, information and awareness to the individual that has a symptom or concern. When a client seeks a practitioner to assist them there is the need for that practitioner to be knowledgeable and competent. It is also important for the practitioner to have the ability to convey their knowledge in a way that provides the client with information, an awareness of the root causes, an explanation the patterns that are manifesting and to provide options for change. It is not about the ability of the practitioner to remove the symptom or concern. Symptoms are messages. Assessing and treating from an energetic perspective is about learning to listen and interpret the messages and then making the necessary changes so that the body will return to a higher state of health.

Symptoms are a result of energetic shifts. They are logical and a reflection of a client's life and environment. Approach energetic assessments with curiosity and an open mind. Accept a client where they are at the present. The role of the practitioner is to ask questions, look for patterns, to increase awareness and to provide options for change.

We all assess people and situations on a daily basis. When we meet a friend we know right away whether or not something is wrong. We avoid some people and gravitate to others based on their energy. We change our mind because things don't feel right. When you need assistance there is a reason why you choose to ask someone for help and not someone else. Interpreting the energetics of the body require slowing down the assessment process and looking at all the aspects. It requires someone who can understand what is behind the energetic shifts and how they flow together to create their own unique pattern. It is about seeing the uniqueness and potential in every individual.

A practitioner will benefit from learning the guidelines of energy, exploring the breadth of energy and understanding the many different ways energy can manifest. Like all skills, being able to interpret the energetics of the body takes time and practice. I encourage you to spend hours watching people in a mall. Marvel at the range of shapes and sizes of people. Watch the variations in gait and posture. Observe the expressions on people's faces and the impressions you pick up. Look at a hundred tongues before you base any diagnosis on what you see. Watch how a person's face changes as their health weakens and as it improves. Energetic assessments are about noticing, tuning in to the details and understanding what the subtleness of energy tells you. It is about

seeing the body shift in response to stress and trauma and marveling at its ability to shift back. This book provides a process for energetic assessments. For many people, the application of this process will occur in stages. By expanding your understanding of energy even a little you will find that your skills as a practitioner will be enhanced.

Guidelines

- Study and understand anatomy, physiology and pathology. Know how the body parts work individually and how they work together.
- Develop a strong foundation and understanding of energetics and how it manifests in all aspects of life. Practice looking at life energetically.
- Study the principles and philosophy of Naturopathic Medicine, Ayurvedic Medicine and Traditional Chinese Medicine.
- Be aware of your own energetic constitution and your beliefs.
- Clarify your intention when doing assessments. Is it about you or about your client? Is it your intention to bring awareness to your client, to provide them with choices and insight or to fix them?
- Stay focused, centered and grounded.
- Consider the whole person, the spiritual, mental, emotional, physical and community aspect of a person.
- Throughout the assessment make notes, pay attention to those aspects that stand out the most. Look for the energetic patterns and the quality of those patterns at every step.
- Confirm any energetic pattern at least three ways.
- Be able to answer the question, ‘How do you know that?’
- When you are not sure of the energetic patterns or the root cause of the concerns refer or seek advice from another practitioner.

As you work with the energetics you will find that the energetics ‘jump out’ at you throughout the process. It is important to avoid treating symptomatically or treating individual findings. What you are looking for is the underlying pattern, what ties all the symptoms together. For example, a client might have swollen left ankle because of collapsed veins, inability to hold her urine, spotting with her period and rounded shoulders. The common thread, or pattern, is a lack of earth. There isn’t enough earth for the vessels to hold in the blood or the lymphatic fluid, the bladder is lacking the strength to hold in the urine and her structure is becoming rounded because of a lack

of earth. The next step is to find out what has happened in her life to affect her earth, her sense of structure and support. For example, it might be when she lost her job all of a sudden, when her marriage broke down or it might be a life long concern as she has always had a weak sense of confidence.

Initially it is important to list your key findings and to associate the specific energetic elements and qualities to it. I encourage you to start applying the aspects of energetic assessment by doing a three-column table. On the far right list all the aspects of your assessment. In the middle column list the key points that you observed or noticed. In the left hand column list the energetic significance for all points in the middle column. Look for similarities in the different aspects of the assessment. What elements or qualities appear over and over again?

When assessing the energetics be able to confirm a pattern at least three ways. Not all things that you notice about a client indicate a shift away from health. For example, there is a difference between a client that naturally has a broader right side, indicating a more naturally yang disposition and someone who's left side has expanded due to a life that is too yang. In the first example, you won't find other signs of a yang excess. In the second example there will be other shifts, such as increased aggression, a red tongue with a thick yellow coat, arms that are held further from the body or a red rash on their right arm.

The following are the points you are aiming to have at the end of the assessment:

Elemental Constitution. What are the elements of strength? What are his/her natural tendencies?

Level of the Shift. Is the greatest impact on the body at the physical level, at the level of organs and tissues, the emotional or mental level or on the spiritual level?

Energetic Pattern. How is the shift being manifested? Explain the pattern according to the Elements, Yin Yang, Internal External, Excess and Deficiency or the Energetics of the Body. The more you can take the range of symptoms and expression and see the underlying pattern the better. Keep in mind that many people will have more than one pattern manifesting at any one point in time.

Causes of the Symptoms or Disease. Table 2.1 lists a number of the causes of symptoms and diseases. See how many of them are applicable for each of the energetic patterns.

Root Cause. What is the situation, event or lifestyle behaviour that initiated the energetic shift? To what degree does the situation still hold a charge and how is it impacting on the body's ability to heal? Are there other similar situations or events that have happened in a client's life? How deeply entrained is the root cause?

Triggers and Obstacles to Healing. What lifestyle behaviours, eating habits or environmental factors trigger or aggravate the energetic shift. For example, exercise can be a trigger when it aggravates joint pain, the consumption of dairy can make sinusitis

worse, working long hours on the computer can trigger a headache or continuing to smoke can prevent healing of the lungs.

Impact on Vitality. To what degree has the energetic shifts affected a client's physical health and their will to live. There is not a direct correlation between the severity of discomfort and the degree it threatens life. For example, muscle and joint pain can be excruciating and overwhelming, but it seldom means that a person is near death. On the other hand, some diseases are accompanied by only mild discomfort, yet are life threatening. Throughout the assessment you are looking for signs of vitality. This plays an important decision on the treatment choice that is made.

Steps to an Energetic Assessment

- Noticing
- How They Look
- The Conversation
- Questionnaires
- Physical Expression of the Energy
- The Assessment of Symptoms and Diseases

Noticing

Every part of the assessment starts with what you notice. What is the first thing that gets your attention? What is the most prominent feature that you are currently hearing or seeing? What is the body displaying? What is the harmony and disharmony between features and different parts of the body? Noticing is about the overall impression, the thing that stands out the most.

Energy shifts. It moves constantly. What was most apparent about a client yesterday might not be the same today. As a practitioner you might have a good understanding of a client's history, but what brings them in today? What has shifted since the last time you saw them?

What is the loudest or most prominent today is what needs to be addressed. Loudest refers to the pattern that jumps out at you and is sitting on the surface. For example, it might be a new acute symptom, a change in a client's mood, an alternation in gait that they never displayed before or an improvement in health that is worth noting.

Noticing involves having 'soft eyes' and 'open ears'. It is about recognizing the subtleties as well as the details; the harmony and disharmony that a client displays. For every aspect of the assessment ask yourself what stands out, what is missing, what seems out of place, what's different. Before you look for the details, look and listen for the overall energetic pattern that a person is displaying.

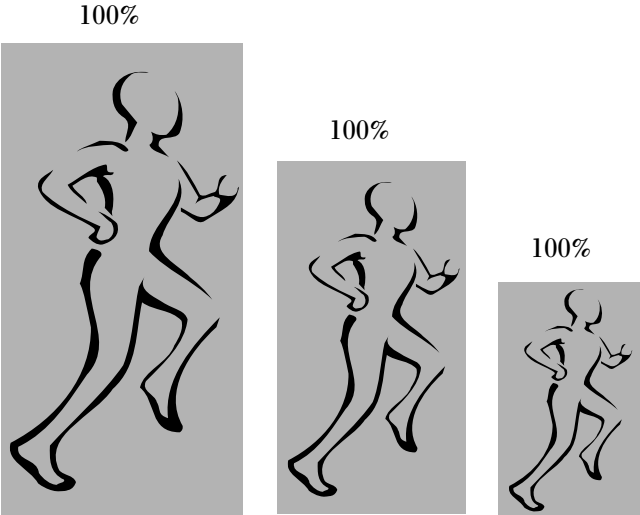
How They Look

What is the first thing you notice about a client when you meet them? Where do your eyes go? What feature is the most prominent? Do they look healthy or unhealthy, happy or sad, comfortable or in discomfort? The two main aspects about how they look is a client's vitality and their physical build.

Vitality

Vitality is a reflection of a client's inner strength and their ability to heal. It is made up of a client's energetic constitution from birth and their current spiritual, mental, emotional and physical health. It is often referred to as Chi or prana. It is reflected in a client's will to live. Vitality manifests in the energy that you pick up when you first meet him or her. It is reflected in the sparkle in their eyes, the glow on their face, the strength of their voice, the bounce in their step and in the vitality centers of the body. Every aspect of the body will show an aspect of vitality.

Everyone's 100% of vitality is different. What some people view as having a lot of energy, others would see it as functioning at only half of their capacity. Some people are able to accomplish many tasks without feeling any physical impact; others can't even imagine doing that. By listening to someone's history, their health concerns and the level of activity that is typical for them you can get an idea of what an individual's 100% looks like.

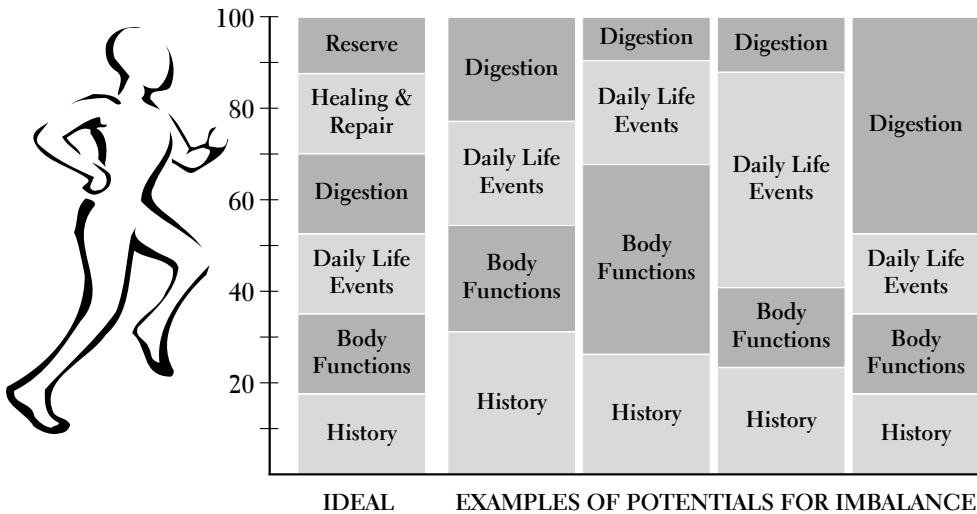


ENERGETIC CONSTITUTION

Knowing your client's vitality indicates the resources that they have to make change. It reflects their ability to deal with deep energetic patterns. It provides a guide as to the treatment plan that would be most beneficial. For example, if a client's current vitality was low you would want to start with a treatment plan that was more supportive. One that strengthened and provided needed nutrients and building blocks to the body. If a client's vitality were more robust you would be able to introduce more aspects of treatment at once and look at addressing the root cause of their health concerns more directly.

Once you know what a client's 100% of vitality currently looks like, explore how they are utilizing their energy. Is there an aspect of their life that is holding onto or requiring too much energy? Think of having 100% of energy. Your history and body function will consume a percentage of that energy first. Your daily life events then take their share. What is left over goes toward digestion, healing, and repairing. Is there any left over then you have some in reserve. If the initial functions are consuming too much energy there won't be enough for the body to heal and repair. Part of the healing process involves releasing or reducing the energy expenditure in the aspects of life that are consuming too much, so that other aspects can function more efficiently.

ENERGY UTILIZATION



Physical Build

Each client's physical structure will display a unique energetic makeup. Most people are a blend of all the elements, with a prominence of one or more elements. Even the clothes that a client is wearing will provide an indication as to their energetic makeup. A client's physical build and initial appearance will give you an indication of what energy patterns they are presenting. The difference between their actual presentation and what you first observe is important.

Earth build is like an oak tree, strong and firm. There tends to be a square shape to the body. The features have definite borders, like a square jaw and shoulders. An earth client is solid and big boned. They tend to dress in conservative, simple and dark clothing.

Water build has more cushioning and softness. There is roundness to the physical features. You will see more fat throughout the body and a larger chest. They tend to dress in layers or with looser clothing.

Fire build is muscular and moderate size. The eyes are sharp and prominent. There is often more colour to the skin. Their clothing tends to be brighter and more colourful.

Air build is like a willow tree, flexible and moving. Air bodies tend to be thin, tall without a lot of muscle or fat. Their features tend to be subtle and their colour is usually paler. They tend to wear more colours and textures at the same time. There is a randomness and increased variety to each day.

Ether is a reflection of an individual's presence and vitality regardless of their shape and size.

The Conversation

Every encounter with a client, whether the first time or follow up, involves conversation. The conversation is an integral part of the assessment process. It is through conversation that a client can tell their story; that they can indicate the impact that their life has had on them and their desire for change.

Conversation is important to build rapport between the client and the practitioner. It keeps the client actively involved in the assessment process. Determining **what** the body is expressing is not the difficult or critical aspect of an assessment. It is determining **why** the body is expressing and holding that pattern that is important. The answers lie within the client and come from the conversation. Through conversation a practitioner is able to assist their client in hearing and seeing their pattern and understanding what they do to hold a specific pattern. The conversation links a client's lifestyle, choices and thought patterns with their current health status.

Some practitioners are reluctant to get involved in conversations because they feel inadequately trained. A client that is looking for an energetic assessment needs to work with a practitioner who is trained and comfortable with this aspect of the process. A proper energetic assessment is about providing a safe space where a client can recall the aspects of their life that have impacted them and about seeing the relationship between a client's life and their health. It is about recognizing the impact and correlation between words, language and their manifestation on the mental, emotional and physical level. The more a practitioner listens for the energetic pattern and not the details of the story the more effective the conversations will be at relaying the root cause(s) of health concerns.

When you first meet a client you will see the energy of their physical build. The initial exchange of words will give you a further indication of the energy that they are conveying. Listen carefully to the initial exchange to hear the energetics and to see how the energetics change as a client starts to discuss their health concerns. As a practitioner it is important to stay focused and grounded on your client, what they are saying and how they are saying it. The role of the practitioner is to ask the first question and then listen. Listen and take the lead from the client. Ask clarifying questions, but first find out where they are, what they are displaying and how their life has been impacted by their health concerns.

The following are the conversation attributes that you are listening for:

- Speech Patterns
- Change in Affect
- Key Words and Phrases
- Questions
- Lifestyle Energy
- Mental Nature

Speech Patterns

Speed, volume, tone, pitch and texture of a voice all display energy. As a client speaks of events or people that affect them one or more of the speech patterns will change. The specific change relates to the impact or charge of that event or person. Assessing speech patterns requires developing your listening skills. Really listening to the details in someone's speech and evaluating the relationship that their voice has to their energetic patterns. Sometimes you hear the presence of an element. For example, a client's speech is slow and monotonous as they tell you the details of a story, indicating the presence of earth. Other times what stands out is the lack of an element. For example, someone who looks very fiery (fit, muscular build) and is talking about an event that they say was very exciting, but their voice is soft, slow and with a low monotone pitch. The absence of fire is as relevant as the presence of earth. When listening to a conversation look for both. Are the elements present or absent, strong or weak?

Voice changes in response to energetic shifts in the body. Likewise, you can shift the energy of the body by working on your voice. Recognizing how your voice shifts and then training your voice to restore balance is an effective way of unwinding an energetic shift in the body. Becoming aware of how you restrict your voice and then learning how to release that restriction is also a way of becoming more open and comfortable with expression and more self-confident. Voice displays an elemental quality in the following ways:

An **Earth** pattern is deep, resonant and monotonous. It is low in pitch and slow. The conversation has specific points and a structure. There is a definite start and end to the conversation. When you are talking to earth clients there is a tendency for their answers to be either really short and to the point or to be really detailed. Earth clients are better with dates and times. They tend to be more comfortable with questions that are structured, that ask something specific. When they are telling you about a health concern it contains a lot of facts, in a logical sequence. The following is an example of an earth person recalling an accident: ‘On Friday, May the 15th at 3:40 pm I was turning right onto O’Connor Street and a green Ford ran the red light and hit the rear bumper of my new Chevrolet Impala that I just bought on April 3rd. My car spun around three times and my left eyebrow hit the steering wheel. I had a constant, throbbing headache over my left eye for 3 days. Since then I get a headache every 3 to 4 days. The headache lasts for about 2 hours. It is better if I lie down or if I drink something warm.

A **Water** pattern flows and is gentle. It has more of a connected story characteristic. Water answers tend to go and go with few pauses. They tend to be long-winded, yet not necessarily full of a lot of details. You might ask a question about one thing and the client answering adds so many other extraneous details that the point is lost. If a water client was telling about the car accident above it would sound more like this, ‘May was a busy month. My sister wasn’t feeling very well and work was really busy because we had this new project we were doing. I was leaving work early one Friday to go and see my sister and I was in a car accident. The lady that hit me was really upset, but she was okay. There were a number of people who came to see if I was all right. My eye and my head hurt for a while after the accident. Since then I get headaches more often.’

Fire has more flare, volume and direction. The voice is sharp and short with a staccato timbre. A conversation with a fire client tends to have more extremes to emotion, more emphasis. A fire conversation has focus and intensity on a single point. It leaps out at you. If a fire client was talking about the car accident it sounds more like this, ‘In May this crazy women ran a red light and hit my new car. The pain in my eye was excruciating. For days it felt like there was a hammer inside my head. Months later I’m still having these stupid headaches. I just want to know what I can do to fix these headaches.’

An *Air* voice is breathy with quick changes in context. It comes across as disjointed and with a higher pitch. Air people have a greater tendency to convey facts more randomly without a lot of details. It is more about the impression that events have had on them and how that triggered other events. If an air client was talking about the car accident it would sound more like this, 'I have these headaches that sometimes bother me. My arm bothers me too. It was hurt when I fell off my bike not in the car accident.'

The quality of *Ether* is conveyed in a person's freedom of expression. When ether is lacking an obvious restriction is heard. The voice is squeaky without flexibility or range in pitch, volume, rate or tone. When ether is present the true quality comes through. The voice is open. Expression is easy and unguarded.

Change in Affect

Have you ever listened to someone talk about a situation that happened many years ago and as they talked the emotions come to surface as if the event was yesterday? When a memory, event, situation or person brings up emotion as it is being talked about it is affecting health, either positively or negatively. For example, when someone is talking about the new love of their life, or their recent promotion, or the pride of graduating you would expect to hear an increase in the liveliness and energy of voice. If someone is talking about an abusive situation or a traumatic incident that still affects them you would hear a drop in the tone, speed and energy of their voice.

Every situation that affects health carries a charge. The degree and type of the charge reflects the degree and type of the impact. When a client talks about something that affects them there is a change in their affect, their expression and this change is mirrored in the voice. During conversation you are listening for when the voice changes. A client might start off talking about their family with a certain tone. As soon as they mention a specific person there is change in the tone, it might drop or rise. The rate of speech increases or decreases or there is an overt display of emotion, or an obvious guarding of emotion. Something in the way they talk changes in response to that person or event.

When you hear a change in affect, explore it further. Ask the client to expand on what they were saying. Ask about the person or situation indirectly. Find out how much charge this person, event or situation holds. Look for the correlation between the charged event and the onset of any of the client's symptoms.

The root cause of ill health holds a negative charge and pulls the energy in a specific fashion. You will know when you are treating the root cause, as the charge dissipates. Too often there is a focus on controlling the response to a situation versus resolving the charge that a situation has for someone.

Key Words and Phrases

Words indicate what the energy is doing. There is often a correlation between how someone explains a physical symptom and how he or she explains a situation or person that triggers him or her. Key words and phrases that accompany a change in affect have a stronger energetic connection to a client's health concerns. Examples of key words and phrases are:

It feels like there is a weight on my shoulders.
 There is a lot of pressure on my chest.
 I don't have enough time.
 I feel stuck.
 My knee just doesn't want to move forward.
 Things just aren't fair.

When a client uses these key words and phrases ask them a follow up question. Such as:

What does the weight on your shoulders represent?
 Tell me about the pressure on your chest? Is there any part of your life that feels pressured?
 Not enough time to do what? What would you like to do if you have more time?
 Tell me about feeling stuck. Is there anywhere else in your life where you feel stuck?
 Tell me about moving forward in your life?
 When you think of fairness what comes to mind?

By following up on key words and phrases you are able to delve deeper into the root causes of the energetic shifts. It also helps to bring a client's awareness to the connection between their health and their life.

Questions

During an assessment the practitioner's role is to ask the questions that reveal the root cause(s) of a client's concerns. Overall the practitioner wants to talk as little as possible and the client will do 90% of the talking. Questioning takes time and patience. The strengths and value of the questioning process lies in the practitioner's ability and the time allotted to allow the client to reveal and discover the patterns and how they link to their life. Often a practitioner will pick up on the energetic patterns sooner than the client. It is the client's awareness and understanding that is the most important. The practitioner's role is to guide the process for the client's benefit at the client's pace. The steps to asking questions are as follows:

Start with open-ended questions. Open-ended questions can NOT be answered with a 'yes' or 'no'. They have a broad focus and allow the client to provide details. The value of open-ended questions is that they identify whether a client has an

internal or external focus. It allows the practitioner to see how a client connects their health to their life. The broader the open-ended question the more information you will likely gather. Some people are uncomfortable with broad questions. One of the initial things that you are assessing is their comfort level with this type of questioning. How open are they? How much information do they want to share? How knowledgeable are they about their bodies? I encourage you to ask a very open-ended question the first time you meet someone. Such as, “Tell me about yourself.” This will allow the client the greatest opportunity to display their energetic position. When doing follow up visits start with an open-ended question, such as ‘What brings you in today?’ or ‘How have you been?’ Questions such as, ‘Tell me about your pain.’ or ‘is your digestion better?’ lead the client to focus on a specific aspect of their health and you might miss changes in the pattern on other levels.

Continue with open-ended questions. After the client has responded to your first open-ended question ask questions that follow up on key words and phrases that they have said. Stay in the language of the client. The more you mirror the language of the client the more comfortable they will feel. The main exceptions are when discussing body parts and when profanity is used. The goal is for the practitioner and client to see the connections and understand the impact between what has happened and what is going on with the body.

Ask clarifying questions. Only after a client has had the opportunity to respond to open-ended questions do you ask clarifying questions. Clarifying questions clarify the qualities associated with the symptoms and the status of key indicators to health. They also help to bring a client’s awareness to patterns that have surfaced. For example, clarifying questions would include questions about the presence of hot or cold, perspiration, quality and location of discomfort, onset of symptoms, function of the elimination organs, appetite, sleep, taste, thirst, gynecological or sexual concerns and medical history.

Ask awareness questions. Awareness questions are questions that assist a client in seeing the link between their health concerns and their life. For example: Have you found that your shoulder has been sore in the past when you had a disagreement with your boss? The last time you had stomach pains; do you remember what you were doing at that time? If you think of that situation right now, what do you notice in your body? Is the discomfort on the right side or left? Does the pain radiate anywhere?

Focus on the patterns that are emerging throughout the questioning process. Stay out of the details. What is important is how an event or situation has impacted the client, not the details of the event.

Lifestyle Energy

A client's lifestyle will have specific energetic qualities that impact the overall pattern. Ask questions about their lifestyle, eating habits, job and hobbies. Find out what they do and what they think of what they do. Do they love the business and excitement of their day or does it cause them constant stress and discomfort? The following is an overview of how to look at lifestyle elementally.

Earth lifestyle is structured, routine, and consistent. Too much might result in feeling bored, closed in or stuck. Too little might cause feelings of insecurity or a sense that not enough is being accomplished.

Water lifestyle flows. It revolves around relationships with people or things. An imbalanced water lifestyle often involves taking care of others to excess and not taking care or nurturing yourself, or the other way around. It involves taking on more and more all the time, like a flowing river that picks up everything in its path.

A **Fire** lifestyle is busy and active. When there is a fire imbalance a client will complain of not having enough time, not being able to do things fast enough or not being able to focus. A lack of fire shows up when someone finds they lack passion, enthusiasm, direction or motivation.

An **Air** lifestyle changes constantly and quickly. There is diversity and spontaneity. Many tasks are started and few are ever finished. Too much shows up as feeling scattered and unable to complete any task. Too little shows up as being stifled, stale or impatient because of the lack of variety in life.

The **Ether** aspect shows up in a client's will and enjoyment of their life. There is an overall sense of energy and enjoyment in life.

Mental Nature

When talking to a client you are listening for the energetic pattern in how they talk and what they say. What is equally important is their mental state. Is their mind helping them heal or is it contributing to disease? The mind is capable of shifting energetic patterns that are held in the body. It influences the programming of the body. Research shows that the more a person believes something will help them, the more it does. Likewise, you can provide the body with the right treatment but if their mind is reinforcing a disease state the treatment will be less effective or not effective at all.

It is through the mind that we take an event and interpret it energetically. A client will seldom achieve a level of health that can't be envisioned. If a client believes that their pain will never go away, it probably won't. The more you believe age affects health the more it does. If you worry enough about getting sick it might manifest.

Understanding the mental nature of a client will provide insight as to their desire or belief that they will heal. It will tell you about the internal language that they have.

Do they talk nice to themselves? Do they spend more time focused on healing or being sick? Do they see the world as positive or negative? Is there a negative event that they can't seem to let go of?

If a client's mental nature is not conducive to health it is unlikely they will achieve health. It is often necessary to address a client's mental nature prior to attempting to shift the energy of the body to a state of healing.

Throughout the conversation you are listening and looking for energetic patterns. The conversation will provide the clearest road map to the root causes of disease. The rest of the assessment process is about interpreting the impact that the energetic shifts have had on a client's health.

Questionnaires

Questionnaires are often the most helpful when they are sent to a client prior to the initial visit. This starts the process of awareness. General questionnaires provide a framework for the breadth and depth of questioning that will be asked during the initial session. A questionnaire needs to reflect the practitioner in style and breadth of questions. It is often the first introduction that a client has to a practitioner. If a questionnaire is really short and to the point and then the practitioner asks questions that are more personal and probing a client is likely to feel more guarded. If, on the other hand, you have a questionnaire that is very extensive and involves the client conveying a lot of personal information that is disregarded or not followed up on during the session it might affect the client's comfort level with the practitioner.

General questionnaires are helpful to fill in the blanks for items that don't come up during the initial conversation, to provide details for a wide range of health concerns and to cover health issues such as family history, medications and supplements, allergies and major life events. Questionnaires also provide insight into a person's ability to recall past events. The presence or absence of detail and how they list health concerns provides information on their elemental quality.

Listen to what a client thinks of the questionnaire, do they find it too long, too detailed, too personal. It is all relevant and part of the energetic picture. Also, the questions that are omitted provide a heads up for the practitioner as to what the client might not be open to discussing. For example, if a questionnaire asks about past abuse or addictions and the client answers this section there is a greater likelihood that they will be prepared to discuss those issues. If, on the other hand, a client leaves them blank it might indicate that these topics are not as easy for them to discuss. It is also valuable to repeat aspects of the questionnaire, such as the review of symptoms throughout a treatment process as a way of tracking progress and seeing how the energetic shifts or patterns change.

A general questionnaire often includes the following information:

- Family history
- Supplements and medications
- Allergies
- Medical history
- Listing of all accidents, major falls, surgeries and major events
- Review of systems
- Overview of diet
- Listing of health concerns
- Heal goals

More focused or specific questionnaires can be used to expand on an area of concern, as a baseline for a specific health concern or to assist the client and the practitioner in deepening their awareness and understanding of the energetic patterns. The appendix includes a Five Element Questionnaire that is designed to reveal a person's elemental strengths and to assist in interpreting the presence of each element in the five aspects of the body: structural body, inner or fluid body, emotions, mind and external factors.

Physical Expression of the Energy

The body responds to all energetic shifts. Acute stressors due to diet or stress often result in functional level shifts with mild symptoms such as gas, bloating, lack of energy, slight discomfort or a mild headache. Acute stressors show up when assessing the tongue or pulse, movement or breathing patterns. They often do not affect the physical structure or how the body looks. Shifts that show up in the physical structure often indicate deeper and more profound energetic patterns.

The body is a hologram and the same energetic pattern will appear in many aspects. You will hear it in conversation, the voice will display a pattern, it will show up in the tongue and pulse, eyes, heart rate, breathing patterns and it will manifest in the physical body. Each aspect of the physical assessment provides a unique window. For example, breathing patterns and pulse diagnosis are more accurate for acute changes in the energetics whereas the physical structures, the tongue or the feet hold patterns that are more chronic.

The different windows, or areas of assessment, also provide different options for different practitioners. A practitioner that has mastered tongue and pulse diagnosis might be able to assess the subtleties of a client's energetic patterns through that one window. A practitioner doesn't have to be a master at all the aspects of diagnosis. What is helpful is for a practitioner to discover where their strengths lie and to develop them, without losing sight of the value of the other windows.

The physical assessment often follows after the conversation. The conversation will

provide you with the energetic patterns. What the physical assessment does is tell you to what degree the patterns have affected the health of the client and how planted they are in the physical body. Disease is often a process that starts with an event, a reaction to the event, then there are functional changes in the body, cellular changes and eventually physical changes. The physical assessment provides a window into the phase of the disease process that the body is currently expressing.

The main areas of the physical assessment include:

- Movement
- Breathing
- Tongue Diagnosis
- Pulse Diagnosis
- Face and Special Senses
- Vital Reserves
- Hands and Feet
- Posture
- Spinal assessment
- Sensing the Energy

Movement

The ability of the body to move is a reflection of the water and air element. It reflects how the body flows, its flexibility and its consistency of motion. In assessing movement assess your client's walking, range of motion and flexibility.

Walking

Walking gives you an idea of how the physical body moves within space. It will show you how the different aspects of the body flow together. The symmetry right to left and top to bottom. A client's posture and what aspect of their body leads. The quality of their walk will also provide information as to what element they are currently expressing. When first assessing someone's walk do so when they are unaware. As soon as you bring someone's awareness to his or her walk it will often change. A client will compensate or exaggerate a feature that they are aware is out of balance. When assessing someone's gait, what do you notice first? Assess someone's walk in the gait that is most comfortable for them, their natural state. Then ask them to speed it up and slow it down. How do they handle the different speeds? What changes in their walk? What elements become more or less pronounced? The following is a breakdown of how the elements appear through walking.

Earth walk is slow, steady and heavy.

Water walk is flowing and continuous, like a gentle stroll.

Fire walking is fast, intense and with a clear direction.

Air walk is quick with frequent changes in direction.

The quality of **ether** is seen in the overall ease and ability of walking.

The quality of Yin Yang is seen when there is a difference between the right and left sides of the body or the top and bottom of the body. For example, you might see that the right arm swings more freely than the left. Or that the legs and hips are very rigid, yet the upper body is more relaxed. Pay attention to differences in the placement of the arms, hands, legs and feet. Does a client hold one arm further away from their body? Are their feet pointed in the same direction when they walk?

If you observe someone walk from the side you can get a sense of their posture. What part of their body is leading? Some people tend to lead with their head or chest others with their hips. If there is a specific aspect of the body that is leading look for the energetics of that body part to provide information on the energy they are displaying.

Range of Motion and Flexibility

All movement occurs around a joint. Joints are the space, or ether aspect where energy changes. For example, an arm can be broken down into five aspects. The most proximal aspect of the arm, from the shoulder to the elbow is the ether aspect of the arm, the elbow is an air joint, the area from the elbow to the wrist is the fire aspect of the arm, the wrist is the water joint and the hand itself represents the earth aspect. It is more common for people to have muscle pain or discomfort around a joint than anywhere else. Before you can assess a client's range of motion or flexibility have an idea of what is normal. Study the anatomy and physiology of joints and muscles. Establish a sense and feel for what you are looking for.

The following is a breakdown of how the elements are expressed when assessing range of motion and flexibility.

The quality of **earth** impacts movement of the joints as it relates to structure and support. An excess of earth appears as guarding, stiffness or inability to move. A deficiency of earth appears as weakness or lack of strength.

An excess of **water** impacts joint movement through the presence or absence of fluid. An excess of water is often seen as swelling or inflammation. A deficiency of water results in a loss of fluid in the joint space. A water imbalance is also apparent when there is a cogwheel aspect to the movement, the movement isn't smooth – it starts and stops.

An excess of **fire** results in redness and heat. It is one of the main causes of pain. Twitching and restlessness in muscles are an indication of excess fire. Muscles are a manifestation of the fire element. Balanced fire is seen in the tone and strength of muscles themselves.

An excess of the *air* element is seen when the movement of muscles is sporadic. The air element controls the nervous system. A lack of nervous impulse for the muscles to move is a manifestation of the air element. The feeling of pins and needles or random movements is a manifestation of the air element.

The quality of *Yin Yang* is also seen in movement. Yang energy is represented primarily on the right side of the body. It controls the movement of the extensor muscles. The qualities of heat and contraction are also yang in nature. Yin energy is represented on the left side of the body. It controls the movement of the flexor muscles. The qualities of cold and expansion are yin in nature. An excess of yang, for example, would manifest as contraction or lack of movement of an extensor muscle. You might also find an area around a joint that was intensely hot and aggravating. An excess of yin is found more in chronic states. An example of excess yin would be when the muscles are lax or weak. There is an inability to flex the muscles.

Breathing

Breathing is the only thing you do your whole life. It is the first thing you do when you are born and your last breath indicates death. Breathing represents the movement of the air element throughout the body. The full potential of breathing is the integration of the body, mind and spirit. It is a process of experiencing, expressing and contemplating life. Breathing joins the conscious and unconscious mind. It is directly affected by what you are thinking and can affect thinking itself. Breathing is not only essential to life; it is a reflection of life.

Breath is one of the energetic waves of life. The volume, speed, consistency, location of breath, origin of breath, frequency, phrasing (difference between the inhalation and exhalation), texture (smooth and even or jerky and uneven), depth (deep or shallow) and quality (pneumatic, laboured, billowing) all provide information about health on the mental, emotional, and physical levels.

When people are dealing with stress, of any type, the initial response of the body, often unconscious, is for breath to become rapid and shallow. A rapid and shallow breath impacts the ability of the body to deliver oxygen to every cell and to remove carbon dioxide. The longer a client's breathing remains rapid and shallow, the greater it impacts health.

The qualities of breathing can be broken down between inhalation, exhalation and the rest period.

Table 4.1 Breathing

Energy Group	Inhalation	Exhalation	Rest Period
Purpose	Experience life “receiving”	Express life “letting go”	Contemplate life “stillness”
Key Function in the Body	Oxygenates blood	Elimination of cellular waste and maintain the acid base balance of the blood	Homeostasis, integration of the body, mind and emotions
Nervous System	<i>Sympathetic</i> fight or flight increase heart rate decrease digestion action and activity	<i>Central Nervous System</i> regulates and monitors physiology of body	<i>Parasympathetic</i> meditative state relaxes body after stress linked to medulla decrease heart rate increase digestion energy conserving
Current	<i>Spiral</i> quality of energy and movement, warmth, building and healing	<i>Long Lines</i> carry energy of mind into the body and govern the senses, cleansing	<i>East / West</i> intercommunication and binding, neutral feedback pattern relating the periphery to the core
Principles	Positive	Negative	Neutral
Yin / Yang	Yin	Yang	Neutral
Movement	Direction	Completion	Movement
Element	Fire	Water	Air

Breathing overall is an air element. The influences, excess and deficiency of all the elements will affect breath. What you are assessing is the freedom of the air element to move between and within the other elements. The following is how the energetic patterns manifest in breath.

The quality of **earth** is seen in the slowness and depth of the breath. It is seen in comfort that people have with spending time breathing slowly.

The quality of **water** is seen in a client’s ability to exhale, to let go. It manifests in the flow of the breath. It will appear in the consistency and rhythmic nature of the breathing pattern.

The quality of **fire** is seen in the inhalation. It is the impulse to breathe itself. Inhalation has to do with experiencing life, having the impulse to take in from the outside. Excess fire in the breath manifests as a breath that is too rapid.

The quality of **air** is manifest in the depth and breadth of the breathing pattern. Breath brings in prana or life energy. The act of breathing is responsible for moving energy throughout the body.

Ether is represented in the body's ability to breathe itself. Having the space and will to breathe. Ether represents the overall quality of the breath.

Assessing Breath

Assessing breath involves all the senses. To assess breath become conscious of the small details. Clarify what you are noticing and then match that quality to the energetic patterns. It is about correlating a client's health concerns with what you expect to hear, see or feel. The steps to breath assessment are:

Noticing. What is the first thing you notice about a client's breathing? Is it the sound or movement?

Visual. When a client inhales is the chest expanding or the belly? What is the difference in comfort between the inhalation and exhalation? How rapid is the breathing? How does the breath change in response to different parts of the conversation, different stimuli?

Auditory. Normally you don't hear a client breathe. Sound usually indicates constriction or the act of taking a deeper breath than usual. What is the root cause of the sound? What is the frequency and severity of the sound?

Kinesthetic. Where does the breath stop? What is different right to left? How does the spinal column and body move in response to the breath? It is easiest to feel the breath by firmly placing your hands on the posterior aspect of the ribs, just under the diaphragm. Have your client take deep breaths and feel what happens under your hands. Watch the spinal column as your client breathes. Are there aspects of the spinal column that don't expand? What is the energetic relationship to that aspect of the spine?

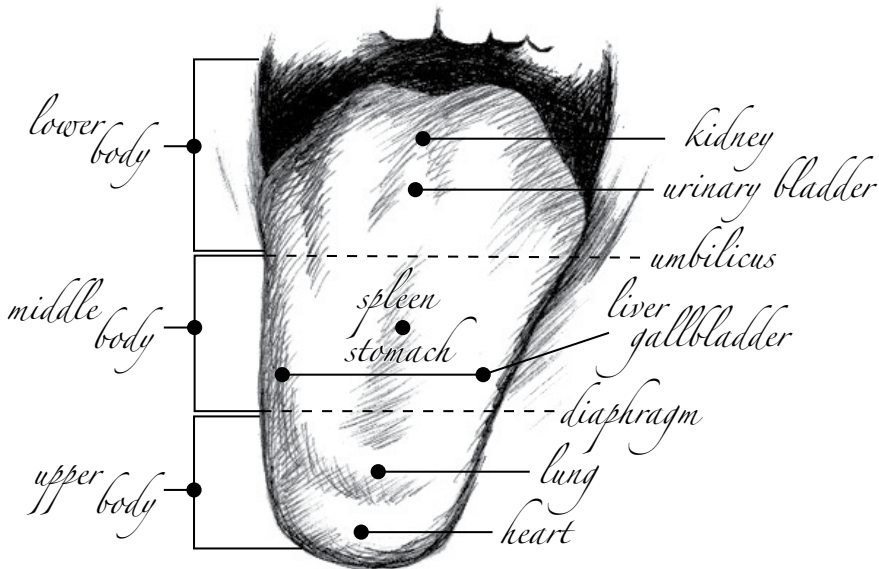
Conscious breathing trains the nervous systems to tolerate a higher amount of energetic stress. It will restore balance to the body and prevent the body from being overwhelmed. It is an effective way to assist the body in unwinding energetic shifts or blocks in the body. If you practice breathing regularly it can also increase the level of energy you feel. Yoga was the first discipline to discover the relationship between breathing and mental/emotional states. Through yoga it was noted that certain forms of breathing evoked corresponding mental states. Irregular, shallow breathing was seen to result in disturbances of mind, emotion and body. Full, relaxed, smooth breathing was seen as an accompaniment of a quiet mind. Singing, humming or toning can also be used to coordinate breath with emotional expression.

Tongue Diagnosis

The tongue is the window into the inner body, especially the digestive system. It is an essential diagnostic tool of Naturopathic Medicine, Ayurvedic Medicine and Traditional Chinese Medicine (TCM) assessment. Tongue diagnosis, like pulse diagnosis, takes

time and experience to master. The tongue can convey a lot about the inner status of the body. It is often a clear indication of the underlying disharmony. The more you look at client's tongues with curiosity and notice the nuances, differences and changes that can occur the more you will be able to read this wonderful road map. The following provides a basic overview of the key features and what they indicate. I encourage you to study tongue diagnosis in more detail as you grow beyond the basics.

The tongue is viewed from the tip to the root. The tip of the tongue relates to the upper body, the lungs and the heart. The middle aspect of the tongue relates to the area between the diaphragm and umbilicus. It represents the stomach and the spleen. The root of the tongue relates to the area between the umbilicus and pelvis. It represents the kidneys, colon and reproductive organs. Both Ayurvedic Medicine and TCM recognize that organs have a structural function as well as an energetic function. Different emotions are held in different organs. The organs are responsible for communicating to each other and providing fuel for each other. Imbalances seen on the tongue represent the energetics of the organs, not the physical structure of the organs. For example, seeing congestion in the area of the liver on the tongue does not mean that liver tests will show any functional changes. It simply means that the energetics of the liver is currently being impacted.



There are four main aspects to tongue diagnosis: the body colour, body shape, coating and moisture.

Body Colour

The body colour is the most valuable aspect of tongue diagnosis. It reflects the key underlying pattern in the body. It indicates the presence of yin or yang patterns. The normal colour of the body of the tongue is pale to slightly red.

Table 4.2 Tongue Body Colour

Characteristic	Indications
Pale	Yang or blood deficiency or an excess of yin or cold
Red	Yang excess, Yin deficiency or too much internal heat
Purple	Stasis of blood, heat or energy
Blue	Excess internal coldness

Body Shape

The shape of the tongue relates to the structure of the tongue. It reflects the quality of excess and deficiency. It can also show signs of a Yin Yang pattern.

Table 4.3 Tongue Body Shape

Characteristic	Indications
Thin	Deficiency state
Swollen	Excess state
Stiff	Excess state. The body is guarded or held in a contracted state.
Flaccid	Deficiency of body fluids
Cracked	Either due to a deficiency in fluids or an excess of heat. Look for the areas on the tongue where the cracks occur.
Quivering	A deficiency state. An inability of the inner body to deal with different energetic influences or an insult from the external environment.
Tooth marked	Spleen Qi deficiency from a TCM point of view. Indicates an inability to digest and absorb nutrients.

Tongue Coating

The coating on the tongue represents the presence of a pathogen. The tongue coating can vary in thickness, colour, texture and general appearance. Pathogens are usually a result of an infection or it represents the presence of internal toxins or disease. The darker the colour and the thicker the coating the greater the presence of the pathogen. The normal coating of a tongue is thin and white. You should be able to see the body colour through the coating.

Table 4.4: Tongue Coating

Characteristic	Indications
Thick	Presence of pathogenic factor
Absent	Overall deficiency pattern, often seen with chronic illness
White	Cold, yin condition
Yellow	Heat, yang condition
Grey and black	Extreme cold or extreme heat

Tongue Moisture

The moisture on a tongue indicates the presence of body fluids. It tells you about the water aspect of the body. Normally a tongue will appear slightly moist, any deviation from that indicates a deficiency or excess of water or body fluids.

Table 4.5: Tongue Moisture

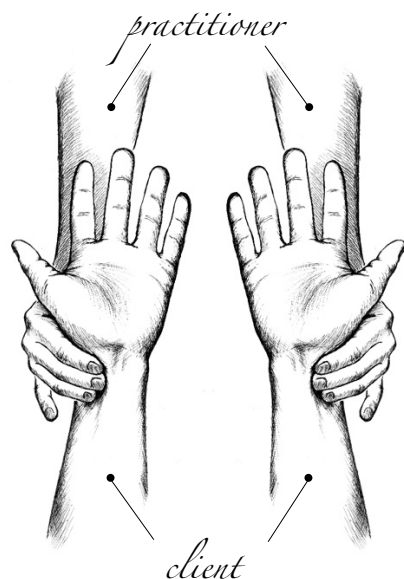
Characteristic	Indications
Dry	Heat, excess yang or deficiency of yin
Moist	Either excess yin or deficiency of yang. Represents an inability of the body to move fluids throughout, if extreme can also indicate dampness.
Sticky/slippery	Retention of dampness or phlegm. The fluids are stuck and built up in an area.

Pulse Diagnosis

Pulse diagnosis is used as an integral means of diagnosis and assessment in many different forms of healing. It provides a very clear window into the pulsating waves of the body. Naturopathic Medicine, Ayurvedic Medicine and Traditional Chinese Medicine recognize that the health of the organs can be felt in the different pulses. Pulse diagnosis is subtle and complex. It is about receiving information through kinesthetic, auditory, visual and intuitive channels. Then evaluating that information using your knowledge of physiology, energetics and the information received from the client.

The wave of the pulses shifts in response to subtle and profound energetic changes. Exercising, eating, arguing will temporarily change the pulses. Chronic illness has a more profound impact on pulses and will dampen the normal acute changes in pulse. It is best to do pulse diagnosis when a patient is relaxed, at least 30 minutes after they have eaten or exercised.

The practitioner and client must be relaxed to accurately feel the pulses. The radial artery is often used as the point to tune into the inner body. The air, fire and water fingers are used to sense the pulse. The air finger of the practitioner's right hand is placed in the distal aspect of the radial artery, at the wrist crease of the client's left arm. The fire finger is placed next to it parallel to the lower knob on the posterior side of the radius and the water finger is placed on the proximal aspect, next to the fire finger. The practitioner's left hand is applied to the client's right arm in the same fashion. The air finger is always distal, fire finger next to it, and water finger proximal.



Ayurvedic Medicine and Traditional Chinese Medicine each have their own unique way of reading the pulses. When you are tuning into the body and you are clear on your window, any approach will lead you to the root cause. Pulse diagnosis is an assessment tool that provides insight and information the more it is used. It is a skill that grows in precision and depth of understanding all the time. When a practitioner is initially exploring the pulses as a form of diagnosis it is best to look at the overall picture, the patterns that are the most overt. Once you have felt 1,000 pulses and have a concept of the subtleties that can exist it is valuable to expand your technical knowledge by studying Ayurvedic Medicine or Traditional Chinese Medicine. This book will provide a starting point for pulse diagnosis.

Table 4.6: Pulse Diagnosis

Pulse position / Finger	Ayurvedic Window/ Elements	Traditional Chinese Medicine Window	
		Organs (client's right hand)	Organs (client's left hand)
Distal / Air finger	Ether / Air	Lung	Heart
Middle / Fire finger	Fire / Water	Stomach / Spleen	Liver
Proximal / Water finger	Water / Earth	Yang Kidney	Yin Kidney

You can see the similarity in the Ayurvedic and TCM approach. The distal pulse represents the upper 1/3 of the body, the area between the neck and the diaphragm. It represents the elements of ether and air. The lung and the heart are both air organs. The middle pulse represents the middle thorax, the area between the diaphragm and the umbilicus. It represents the element of fire primarily. The stomach, spleen and liver are all fire organs. The proximal pulse represents the lower aspect of the thorax, the area between the umbilicus and the pelvic area. It represents the elements of water and earth. The bladder is a water organ and the kidneys are an earth organ.

What is also common is that both Ayurvedic and TCM feel the pulse on three levels, superficial, middle and deep. The superficial level is felt on the surface with a light touch. Use moderate pressure to feel the middle pulse. You need to press quite hard to feel the deep pulse. The superficial pulse represents the most outward aspect of the body. The middle pulse represents the presence of the pulse in the middle aspect of the body and the deep pulse represents the presence of the pulse deep within the body. The most distal pulses are naturally stronger in the superficial position, the middle pulses in the middle position and the proximal pulses in the deep position. When a client is in an excess state or is fighting off a pathogen you will find the superficial pulse is the strongest. The position of the superficial pulse, for example the lung pulse, tells you what organ is addressing the excess or pathogen. When the pulses are really deep, especially in the distal or middle position it is often an indication of a chronic or deficiency state.

A normal pulse is between four to five beats per breath. The quality of a normal pulse is smooth, elastic, present and flowing. The following provides a guide to how pulses manifest based on specific patterns.

External Condition. A floating pulse represents the presence of an external pathogen. This pulse is strongest on the superficial level. When the pulse is floating the body has shifted the energy to the upper body to help fight off the pathogen. For example, this is often felt in the lung position at the onset of a cold or flu.

Internal Condition. When the pulses are deep and only felt with heavy pressure it indicates the presence of an internal condition and often a chronic condition. The blocked energy is sitting deep within the body and energy is focused at that level. This pulse is commonly felt in chronic conditions.

Excess. A pattern of excess creates a pulse that is full and faster than five beats per respiration. It will feel strong, long and thick. It is often due to excess fire or heat or Yang excess.

Deficiency. A pattern of deficiency creates a pulse that feels empty. The pulse feels big, soft and difficult to feel. There isn't a lot of energy in the wave pulsation. The pulse might also be slow, short and thin or might collapse when you apply pressure. It is often due to a Yin or cold condition or a chronic condition in any organ.

Earth. An earth pulse is slow, steady. It will feel heavy under your fingers.

Water. A water pulse flows smoothly. If there is too much water in the body the pulse feels sluggish or slippery.

Fire. A fire pulse is rapid and strong. It might also have a wiry or hurried feel to it.

Air. An air pulse is quick with an inconsistent beat. The pulse has an intermittent beat or it appears to move around under your fingers.

Face and Special Senses

The face is the most exposed aspect of a person. It is the main visual aspect of a body that is used to identify someone. You can see a lot in someone's face. Are they happy or sad? Are they exhausted or full of energy? Are they focused on what is around them or do they seem self-absorbed? Are they embarrassed or comfortable with the current situation? Do they smile a lot or frown? Many people find the fact that their face expresses their inner truth very frustrating and a lot of money is spent on people trying to mask their natural facial features.

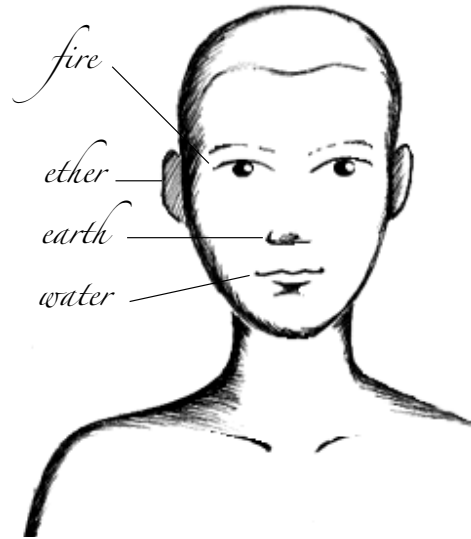
Overall Face

When assessing the face start out by looking at the face overall. What stands out the most? What is the most prominent feature? Are the features in harmony with each

other? Cover up one side of the face with a piece of white paper and the differences right to left will become obvious. Each side of the face reveals different aspects of your constitution. Make note of the overall impressions that you pick up from the face and then concentrate on the individual features that stand out the most.

The structure, shape and look of the face reveal characteristics. For example, a square strong jaw line is an expression of earth. Rounded, plump features are a quality of water. A face that is red and intense is expressing more fire. Fine, soft features are seen more in air people. The vitality of a client is an expression of their ether and it is seen in the overall look and sense of aliveness that someone conveys.

When assessing someone's face you look at the overall qualities and at the details in a client's eyes, ears, nose and mouth. The face holds the major senses other than the sense of touch. The senses are used to perceive the external world. They represent shifts in the physical ability and shifts in the energetic meaning of the senses. Each sense relates to a specific element. The prominence of each of the senses reveals information primarily about that specific element. For example, the eyes are a reflection of the fire element; the ears reflect the ether element, the nose the earth element and the mouth the water element.



Eyes

The eyes are used to see. They are part of the fire element. It is through the expression in the eyes that a client can reveal their state of mind and their innermost feelings. They are the most expressive part of the face and are often referred to as the window to the soul. For example, if a client has something to hide they will avoid looking directly at you. If someone is completely open and wishes to get to know you better they will look straight into your eyes. The eyes relate to the visual aspect of seeing and to a client's life vision. A client unsure of their future is more likely to be near sighted. When a client is near sighted they are able to see objects that are close but objects that are in the distance are blurry. When a client is far sighted they can easily see objects in the distance, but objects that are close up are blurry. The aspect of vision that is blurry relates to where the energetic blocks are located.

The eyes take in all the visual stimuli that they come in contact with and hence the eyes are often overwhelmed. We are constantly surrounded by too much light and constantly bombarded with signage and advertising. Computer work and watching television is not only hard on the eyes because of the electromagnetic rays; it also keeps

the eyes fixed and limits the movement of the eyes. Near and far sightedness is a reflection of the flexibility and movement of the eye muscles. To maintain healthy eyes it is important for them to be able to relax, for the visual input to subside and for the eyes to regenerate on a daily basis. Blue and green, the colour of the sky and grass, help to balance the stress on the eyes.

The different features of the eyes reveal the following energetically:

Their placement. The more lateral the placement of the eyes the more a client's vision will be influenced by their external world. For example, a client who has experienced extreme abuse might have eyes that are more lateral; so that they can 'watch for danger'. Eyes that are more medial and closer together represent vision that is more internally focused and self-aware.

Their size and shape. Large round romantic eyes are a water quality. Small eyes that are focused and penetrating or protruding reveal a fire quality. Small eyes that move around a lot are a reflection of an air quality and eyes that are deep set and still are more a reflection of earth qualities.

Eye movement. Six muscles control eye movement. As a client's vision changes, literally and metaphorically, so does the movement of the eye muscles. Every eye exam involves testing the range of motion of the eye muscles. It also involves the ability of the pupil to contract in response to light. There is some question as to whether or not constant wearing of eyeglasses weakens eye muscles because they decrease the movement of the eye muscles. Eye movement is necessary for sight. Exercising the muscles of the eyes can improve eyesight and can provide clarity on your life path. Look for any Yin Yang or internal and external differences in eye movement.

Their stillness. The ability of a client to hold their gaze is reflected in the stillness of the eyes. Flickering or twitches of the eyes suggest either a state of excess or deficiency. If the flickering is more on the right it indicates a Yang imbalance. If on the left, a Yin imbalance.

Ears

The ears are used to hear. They represent the ether element. They relate to the willingness to listen to others and to one's higher self. Historically, it was believed that the size and shape of the ears reveals character tendencies more than any other part of the face. In ancient times, the shape of the lobes was considered particularly significant. The ear is one of the most distinguishing features of the face, unlike other features, it does not change shape as the face develops, only size.

The different features of the ears reveal the following:

Placement. Ears are normally positioned between the crease of the eyes and the crease of the mouth. When the top of the ear is higher than the crease of the eyes

the client will likely have more air qualities, i.e., be intellectual. When the ears are located lower than normal the client will likely have more fire and water qualities, i.e., emotional and nurturing of others.

Size and prominence. Size and prominence of the ear is roughly proportional to the degree to which the individual is open to receiving sound energy from their external environment and their higher self. Large ears reveal a client who is more open and willing to receive input from their higher self, others and their environment. Small ears reveal a client that is able to cut out a lot of external sound. They are often more introverted and listen to themselves.

Shape. Ears with full rounded edges indicate the presence of water and earth. A client who applies common sense and thinks through what they hear. Thin or non-existent edges are a sign of fire and air. That is, a tendency to either act quickly on impulse or to be aggressive when they hear things.

Differences right to left. Any differences are a reflection of openness to receive Yin versus Yang information.

Distance from the head. Ears that tend to stick out reveal people that seek new experiences from the external world. They are open and comfortable with a lot of external auditory input. Ears that are very flat and are close to the head reveal people that are comfortable with their own information. These people can easily become overwhelmed with a lot of external auditory input.

Markings. The ear lobe maps the whole body. For example, ear acupuncture is used to stimulate any organ system that is out of balance. Creases, markings, cyst or anything else can reveal an imbalance in the particular part of the body that area represents. For example, a crease in the middle of the lower ear lobe is associated with heart conditions.

Nose

The nose is used to smell. The sense of smell is the oldest sense and it is able to stimulate memories more than any other sense. It represents the earth element, the element of the ego and sense of self. The nose is the bridge linking the higher self and the physical self. At birth the nose is not fully developed because a client's ego is not developed. The following are the key features to observe about the nose:

Size. A small nose often reflects someone who has a weaker or not fully developed sense of self. There is a greater tendency to go along with other people's wishes and to be influenced by others. A large and strong nose reveals someone who is confident and has a good, often unyielding, sense of self.

Position. If the nose veers off to the right or left it indicates a Yin Yang imbalance. Lateral changes in the nose are due to external influences that have affected one's ego. A client that relies on a sense of self from others will have a broader nose.

The straighter the nose the more consistent one will be in their behaviour.

Angle. The larger the angle of the nose the stronger the ego.

Nostrils. Nostrils are responsible for drawing in the breath of life. They represent the relationship between the subconscious and conscious mind. The key feature of the nostrils is their direction. When the nostrils face outward it indicates that the client will react to the actions of others. Inward nostrils reflect someone who is a self-starter, one who is not easily swayed by others.

Mouth

Together with the eyes, the mouth most easily conveys one's personality, betraying sympathetic or antipathetic vibrations, coldness and warmth. The mouth is a significant form of expression and, apart from the eyes, people remember other people's mouths more than any other facial feature. The mouth is a manifestation of the water element. It is responsible for the sense of taste and the mouth reveals information about our sensuality and nurturing. The following are the key features to observe about the mouth:

Size. When the mouth is big and wide with full lips, it is a sign of an abundance of the water element, someone who has exuberant, sensual or creative nature and someone who enjoys interacting and caring for other people. A small mouth reveals less of a water influence, someone who is less outgoing and more cautious.

Open or Closed. People whose mouth is often open, even as adults, reveals a lack of the qualities in earth. They tend to have lower self esteem and leave decision-making to others. When a client's mouth is half open it reveals more of an affectionate, sociable and dynamic nature. When the mouth is always closed, the lips tight and corners turned down, it is a sign of excess earth and often reflects someone who is gloomy, has a pessimistic nature or someone who is prone to seeing more of the negative side of life.

Lips. Full lips reveal an affectionate and vital nature, someone who is able to sympathize and share others feelings. If the lips protrude, it is a sign that sometimes this person will go out of their way to appeal to others.

Vital Reserves

A client's vital energy can be sensed by looking at someone and can be felt in three locations, representing the positive, neutral and negative poles of the body. The three locations are the ear lobes, thenar eminence of the hand and the buttocks. A strong vitality manifests as firmness and fullness of the area. When assessing the vital reserves look for differences in the three poles. By feeling the vital reserves in a number of people you will acquire a sense for the differences in firmness and for what the differences mean.

Ears represent the positive pole of the body. This vital reserve area reflects more a client's genetics. Large firm ear lobes indicate a good vital constitution.

Thenar Eminence represents the neutral pole of the body. This vital reserve area reflects more of the acute state of a client, a client's ability to handle the current stresses and health concerns that they are dealing with.

Buttocks represent the negative pole of the body. This vital reserve area reflects the chronic or historic aspect of a client's vitality. The firmness of buttocks indicate the impact that a person's life has had on their vitality.

Hands and Feet

The hands and feet are wonderful displays of a client's energy. You have five fingers and five toes. Each digit has five components. The hands and feet are a hologram of the body. Hands represent more acute energetic shifts and patterns that are not fully held in the body. Toes represent chronic or long-standing patterns. The shape and position of a client's toes tells a story and provides information about their health. The hands and feet are the most distal aspect of the body. Energy flows from the center of the body to the periphery and then returns back to the center. As the energy becomes blocked it restricts this flow of energy and changes the look of the hands and the feet. For example, you can see tension in a body by observing how the toes are raised; the planter aspects don't touch the floor. When you see this you will also find tension in the muscles, either in the neck, back, hips or the legs, or all of the above.

Table 4.7: Hands and Feet

Element	Hands / Feet	Digits
Ether	thumb / big toe	Distal portion (farthest away)
Air	1st finger / toe	Distal joint
Fire	2nd finger / toe	Middle portion
Water	ring finger / toe	Proximal joint
Earth	baby finger / toe	Proximal portion (closest to the body)

When assessing the hands and feet keep them relaxed. To assess the hands have your client shake their hands and drop them on a flat surface. This way you see how the fingers land in their natural state. If you tell someone you are going to assess their hands and ask them to place them on a surface they are more likely to compensate for energetic shifts by straightening out their hands or equally spacing the fingers. Similar with the feet. Ask someone to just relax his or her feet. Observe someone's feet when they are sitting on a chair. This minimizes the impact of gravity. Then have them stand up and see if patterns change when they are carrying the full weight of their body.

General Guidelines for Assessing the Hands and Feet

- Notice what aspect stands out the most on the first glance.
- The hands and the feet are in constant motion, remember that you are looking at a point in time – the pattern might be unwinding or might be just settling in.
- Any pattern can start from internal (thoughts or emotions) or from external (poor shoes) – the end result on the energetics and hence the body is the same.
- Natural arrangement of the fingers is when there is equal spacing between all the fingers.
- Natural arrangement of toes is when they are in immediate contact with each other and there is a continuous gentle flow from ether down to earth.
- When assessing the hands look for how raised or flat the overall hand is. This will indicate how grounded a client is currently.
- When assessing the feet look at the distribution of weight on the foot. This will indicate how much they are being influenced by the internal or the external.

When assessing the hands and feet you are looking at the following characteristics: position, colour, lines and markings, spacing, size, shape and alignment.

Position

Lateral movement is movement away from the centre, or the pull and influence from the external.

Medial movement is movement towards the centre or the avoidance of the external.

Top aspect of the toe represents what you show the world. The energy that manifests outwardly.

Bottom aspect of the toe, the part that rests on the ground, represents what you keep to yourself.

Colour

Increased colour indicates increased energy in an element, tension or congestion. Grays and browns reflect crystallized energy that remains to be cleared. Red and pink reflects current issues that are being addressed / shown. The darker the colour the more crystallized the energy. Dark means an excess of heat or cold depending on the rest of the pattern.

Decrease in colour indicates decreased energy in an element, weakened or lack of energetic flow.

Lines and Markings

Horizontal lines follow the air current and indicate stressful events or situations that have stressed the mind and the body.

Vertical lines follow the water current and indicate metabolic disorders. The digits and placement of the lines provides insight into the element(s) involved and the timing of the events.

Markings indicate areas of constriction or trauma that had a significant impact on the body.

Spacing

Wide spaces or gaps indicate the length of time for movement between the particular elements is long. The bigger the gap, the more time that is needed for the flow of energy between the elements. For example, if there is a wide space between the ether and the air toe it indicates that the client needs time before he/she implements new ideas or changes. If there is a wide gap between the fire and air toe it would indicate that a client would spend a lot of time thinking about an event before they allowed themselves to feel the emotional impact that it had on them.

Narrow space indicates tight connection between the elements. For example, when all the toes are close together a client would react and process information quickly.

Overlapping indicates that one element is covering for the other, or that the expression of the underlying element is being overshadowed by the element literally on top. For example, if the water toe is hidden under the fire toe it indicates that the client nurtures himself or herself when emotional. This might show up as eating emotionally or going shopping when upset. If the air toe is on top of the fire toe it indicates that a client intellectualizes their emotions. They will have a tendency to jump to the logical reason why something is the way it is, often without realizing the emotional impact it has on them.

Size

Long indicates that the particular element is one of prominence for the individual. If the length is out of proportion to the other elements it indicates an area where there is a lot of activity or where the client spends too much time and finds it difficult to move smoothly to the other element. If all the toes are long it indicates that a client can handle a lot of energetic input from many different sources. These people tend to be comfortable and tend to fit into in a variety of different situations.

Short indicates that the particular element is lacking for the individual or it is not an element of prominence. It also indicates directness and spontaneity or the ability of a thought or emotion to move through that element quickly. It is important to look for the specific aspects of a digit that is out of portion in size (e.g. short fire aspect of the water toe). If the big toe is short relative to the other toes, it indicates that the client is

easily put into chaos as the energies flow into ether (there isn't enough space (ether) to absorb all the other energies).

Wide indicates a fullness to an element, a strength and openness of expression.

Narrow indicates a constriction to an element, lack of development or lack of expression.

Shape

Rounded edge indicates someone who is tactful in his or her expression, soft and gentle.

Blunt edge indicates someone who says it like it is. Is straightforward, honest and blunt.

Pointy edge indicates someone who has a tendency to let things build up and then expresses things sharply with direction and force.

Bunion is caused by a large lateral shift of the ether toe. It reflects a pull from the external environment away from the core.

Lump indicates that the expression of a quality of the element is blocked and will be obscured. The placement of the lump reveals the pattern. For example, a lump on the air joint of the fire toe reveals a blockage of emotions (fire toe) in an air aspect of the body (i.e., the lung or nervous system).

Fullness on the underside of a toe indicates that aspects of expression of the element are hidden from view of the observer or not expressed fully. For example, if there is a lot of thickness under the right air toe it reveals that there is a lot of mental activity or intellect that the client has that they don't express or reveal to others.

Bottleneck is the area that is compressed. It indicates where that element gets stuck, is blocked or has difficulty being expressed.

Raised bends occur at the joints and indicate a lack of groundedness, constriction or tension in either the air or water elements. The most distal joint is the air joint and the most proximal joint is the water joint. For example, in arthritis it is common to see the water joint on all toes swollen and raised.

Depressed bend indicates weakness or exhaustion in a particular aspect of a joint.

Alignment

Raised portion refers to a toe that doesn't sit flat on the ground. It indicates daydreaming, imagination, lack of being grounded, or a chronic illness (constricted pattern). The degree of the digit that is raised indicates the aspect of the element that is ungrounded.

Lateral deviation is movement either away from the core, towards the external or towards the future. It can be due to spending more energy in external activities or by

being influenced by your external environment more so than your own thoughts or emotions.

Medial deviation indicates movement toward the core. It can be due to excessive meditation or inward focus, dwelling on the past or avoiding and pulling away from the future or external influences.

Twist / tilt indicate that an individual is showing the world something different than what they feel or think. Where the twist or tilt starts tells you what element is out of balance in its expression. It often indicates a path that is not straight within an element's expression. For example, a twisted earth toe can reflect issues with elimination or can indicate that someone has issues with how they look.

Gripping indicates fear, shyness, or very sensitive nature with respect to an element. Often there is a sense of constriction and protection of expression. For example, when a client has a lot of fears their toes will tend to grip the earth.

Posture

A person's posture reveals both their inner strength and their flexibility. The purpose of posture is to allow movement through the full length of the body with ease. Energy is about movement. Movement occurs through channel or pathways. In the body there is the measurable movement of blood, nerve impulses, cellular exchange and cerebral spinal fluid. We can sense the movement of energy through the acupuncture meridians and the energy released from the body. Everything moves through specific pathways and patterns. When posture is out of alignment it affects movement thus affecting the functioning of the organs, glands, muscles and tissues that are involved.

Posture is the result of the underlying structures of the body, alignment and positioning both right to left and front to back. It is affected by the size and strength of the bones, an earth manifestation; the fluid within the joint spaces, a component of the water element; the muscles that attach to the bone, a manifestation of fire; the ease and freedom of movement, an expression of air and the desire to take up space, a reflection of ether.

Assessing Posture

When assessing posture look at the body from the front, the back and the sides both when a client is standing and when they are lying down. It is easiest to see the key features of posture when one is wearing as few clothes as feasible. A gravity board, plumb line and grid wall are the easiest ways to properly identify and measure the differences in the posture alignment.

Initially assess your client in as relaxed and natural state as possible. How do they normally stand? How is their weight distributed? Next have them stand with their heels exactly in line and square to a real or imaginary plumb line running down the center of the body from the head to the feet.

Key Points

Lateral or medial deviation. The hands, arms, legs and feet are body parts that most easily demonstrate lateral or medial deviation, an internal or external pattern. Lateral deviation, or movement is due to a person either pushing away from themselves or being pulled by their external environment. An example of lateral deviation is someone who holds their arms stiff and further away from their body. A medial deviation of a foot is seen when a person is pulling away from a situation that they don't want to deal with.

Right to left difference. Any difference right to left is a reflection of a Yin Yang pattern. You will often notice one side of the body that is wider and has a more pronounced muscle mass. It is not uncommon for people's hands and feet to be aligned differently right to left. The presence of other signs and symptoms will reveal whether this a natural state for them or a sign of disharmony.

Top to bottom difference. You are looking for a difference from the hips to the feet and from the shoulders to the hips. For some people the difference is all on one side. For others there is a difference in the upper body on one side and the lower body on the other side. Their body is twisted. The upper body has more to do with taking and receiving between yourself and others. The lower body is more about moving forward in life.

Front to back difference. A difference front to back relates to a person's center of gravity and how much of the body's energy is in front of the centerline and how much is behind it. The front of the body is Yang and represents the main sensory aspect of the body. It has to do with the present and being outgoing and aggressive. The back of the body is Yin and represents the motor aspect. It relates more to the past. A person whose weight is more shifted forward is apt to be more aggressive and more affected by sensory input. When a person's weight is more in the back it represents someone who is more cautious and who might have weak self-confidence.

Assessment Standing

When assessing your client in a standing position look for and note any key points that are revealed.

If a person was *standing flush against a wall* you would expect the back of their head, their shoulder blades and their posterior superior iliac spine (PSIS) to be touching the wall with just enough space in the curvature of their low back for the flat of their hands to rest touching the wall and their back. Ask your client how comfortable it is for them to stand in this position. Do they feel off balance?

Back Observation. Look at the alignment and positioning of the PSIS, the position of the spine of scapulae, the contour of the shoulders, the position of the occiput and head, the level of the ears and the level of the fingertips. Note any creases, skin folds and differences in muscle tone and texture.

Front Observation. Look at the position of the anterior superior iliac spine (ASIS), the position of the clavicles, the contour of the shoulders and the neck, the position of the head and the level of the fingertips. Note any creases, skin folds and differences in muscle tone and texture.

Side Observation. Look at the alignment of the ears over the shoulders, the shoulders over the hips, and the hips over the knees and knees over the feet. Look for the positioning of the hands. Is one held more forward, medially or rotated more laterally?

Assessment Lying on a Table

The purpose of doing a postural assessment lying down is to clarify whether or not differences that were noted when standing are due to an apparent short leg or a true short leg. Have the client lie in a prone position. The use of a face cradle is recommended. Follow the following steps:

Observe. Look for differences in symmetry, creases, positioning and muscle tone. Look at the alignment of the heels. Which direction do they point?

Align the body. Position the heels, sacrum and occiput so they are straight with the table.

Check the leg lengths. With each hand, grasp each of the client's feet and position the bottom of the heels so they are parallel. Determine which of the legs appears shorter by comparing the leg lengths at both the heels and the medial malleoli.

Check the PSIS. Palpate, observe and note any differences between the right and left PSIS.

Symmetrical leg lengths are when the PSIS are the same height and the legs are the same length. An apparent short leg is when the short leg and the high PSIS are on the same side. This is due to energy blocks and contraction in muscles, fascia or tissue. Most discrepancies in leg length are due to an apparent short leg. A true short leg is when the short leg and the high PSIS are on the opposite side. In this case the leg is actually shorter causing the pelvis to drop down on that side.

Spinal Assessment

The cerebral spinal fluid flows through the spinal column. Many view the cerebral spinal fluid as containing the messages of the soul or spirit. The nerves that receive and respond to information from every aspect of the body enter and leave through the spine and are surrounded by cerebral spinal fluid. Each nerve innervates a specific organ or group of tissues and muscles. Each aspect of the spine mirrors and relates to specific energetic patterns.

A spinal assessment is about the ability of each aspect of the spinal column to move freely and to provide the support and structure that is needed. Naturopathic Doctors,

Chiropractic Doctors, Osteopathic Doctors and Medical Doctors all have their unique ways of assessing the spine. The purpose of this book is to provide a window into the energetics of a spinal assessment.

The most cerebral aspect of the spine relates to the ether element. In fact the positive pole of the ether element is the head. As you proceed down the spine the elements of air, fire, water and earth are represented in order. The sacrum and coccyx being the most earth aspect of the spine. The positive, neutral and negative poles of the elements can be seen in the overlap of the functions along the spinal column.

Energetics of the Spine

“C” refers to the cervical vertebrae, “T” to the thoracic vertebrae and “L” to the lumbar vertebrae.

C₁ – C₆ refers to the mental aspect of a person.

C₁ (atlas) supports the entire weight of the skull. It refers to the spark of divine intellect which lies at the center of the mind of man and from which the other capacities and abilities of a mental nature have developed.

C₂ (axis) relates to the ability to develop a breath of understanding and comprehension. It represents the capacity to rise above narrowness of conception, restrictions of thought and the blind prejudices.

C₃ relates to the capacity for perceiving spiritual truth.

C₄ has a direct connection to the instinctive or subconscious capacities. It relates to the inner essence or truth of a thing.

C₅ refers to the capacity for seizing the whole of a concept at one grasp.

C₆ refers to the mental ability to rationalize, reason and solve problems logically.

C₇, T₁ – T₁₀ refers to the emotional aspects of a person.

C₇ relates to praise, the ability to allow the heart to fill to overflowing with gratitude and homage.

T₁ – T₃ relates to the ability to rise above the limitations of physical existence. It represents the ability to keep faith and hope alive in the midst of adversity.

T₃ – T₈ relates to the air chakra.

T₄ – T₆ relates to a person’s ability to feel joy and elation. It is about a sense of humor and the ability to laugh.

T₇ – T₁₀ relates to a person’s ability to love, pure and simple.

T₁₁, T₁₂, L₁ – L₅, coccyx and sacrum refers of the physical aspect of the body.

T₁₁ relates to the digestive system. It is located in the fire aspect of the body.

T₁₂, L₁, L₂ relates to musculature system overall.

L₂ – L₃ relates to the fire chakra.

L₃ – L₅ relates to the respiratory system and the negative pole of the air element.

L₅ – junction of the sacrum relates to the water chakra.

Junction of the sacrum – coccyx relates to the earth chakra.

Coccyx and sacrum represent part of the physical body that is fixed. It represents the earth element.

Sensing the Energy

The body is energy. Energy has a wave pattern, a vibration. These vibrations tell a story. Often before there are functional or physical changes in the body there will be changes in the vibration of the body. These vibrations of the body can be felt or sensed. You can directly feel the pulses, the heartbeat and the cranial rhythm. There is also a vibration and electromagnetic field that emanates from the body itself. Most people sense others energy when they are near them. There is a feeling of heat or cold, intensity or calmness, attraction or repulsion. When you have the intention and stillness to see or feel the energy of body it can convey another depth of information to the energetic patterns. Sensing a client's energy is about applying the logic and the knowledge of energetics to what you sense kinesthetically, visually, auditorally, and intuitively.

Sensing the energy of the body is about enhancing your ability to see or feel the different auras of energy bodies that extend from and surround the body. The first four are the physical or etheric, mental, emotional and spiritual layers.

Every practitioner has his or her own unique skill set. Some practitioners see colour, others have a great kinesthetic sense and some have inner knowingness. Each one is a window and will show you the energetic pattern of the subtle body. I encourage you to practice all of the ways of sensing energy. Then develop the skill that comes most naturally to you. The following are some general guidelines with regards to assessing the auric layers of the body.

The auras are felt easiest from the side of the body. As you enter the areas of the chakras you have both the aura layer and the chakra's energy system interwoven.

Although the auras are distinct they are also shifting and becoming more interwoven amongst each other as the universe is shifting.

As with other energy systems, the different auras have corresponding colours, movement, energy patterns and meanings attached to them.

The overall structure of the body, including the auras is that of a grid that is made up of energy fibers that extend between the outer layers and the core of the being.

Sensing is done off the body with very loose, relaxed receptive hands. The energy fibers can often be felt strongest in the fingertips.

The auras vary in depth. The strongest sensation is felt on the edge of an auric layer.

When sensing the auras you might sense colour, different vibrations, holes, coolness or heat – anything! As you start to connect diseases and energetic patterns with what you sense you will establish your own internal encyclopedia.

Have the intention of sensing another client's energy as it approaches your hands. Avoid taking in another client's energy and feeling it inside of you.

The depth and size of any aura can vary between people and within the same person at any given time. The depth is an indication of the activity level of the field. The deeper the field, the more active that aspect of energy and the greater the concentration of energy on that energetic level. For example, if a client was suffering from liver disease and the strongest vibration of energy was felt on the emotional field it would indicate that the root cause of the liver disease is more emotional.

Movement is key within the auric layers. If there is no movement then there is a concern. The key to the "health" of the auric layers is their vibration pattern and whether or not they are clear, not their size.

Physical or Etheric Layer

The first level of the aura is the physical or etheric layer. It covers the whole physical body and is located roughly two to four inches off the body. The following are qualities of this layer.

Movement is fast and more intense to the touch.

Primary colour is orange / red.

Most dense auric layer.

Responsible for keeping the physical body in shape and for maintaining health. If the physical layer is weak or the aura has a 'hole', it is more susceptible to illness.

Any current disease will display a weakness, increased intensity or change in the vibration that is felt.

Currently the physical body is bombarded and constantly impacted by the amount of electromagnetic stimuli in our environment.

Being in nature is healing for the physical layer.

Emotional Layer

The second layer of the aura is the emotional layer. It covers the whole body, yet doesn't necessarily follow the shape of the physical body. It is located superficially to the physical layer and the edge of the emotional layer is within 4 to 8 inches off the physical body. The following are characteristics of this layer.

It is associated with feelings and emotions and their ability to flow whether they are positive or negative.

Feels like a wave.

The size of this layer can be large or small.

Can be all sorts of different colours depending on the current emotional state.

Usually warm to the touch.

Mental Layer

The third layer of the aura is the mental layer. This layer is similar to the emotional layer in that it covers the whole body, yet doesn't necessarily follow the shape of the physical body. It is located superficially to the emotional body and the edge of the emotional body is within a foot or eighteen inches off the physical body. It has the following characteristics.

Movement is usually spiral within the energy body and smooth at the edge. The edge often feels like a racetrack or energy that is moving horizontally.

Represents how the rational and intuitive minds are working together.

Contains thought patterns and the feel of the mental layer indicates the speed of one's thoughts. For example, if a client constantly thinks or worries a lot the sensation can feel like the inner workings of a computer.

Usually cold to the touch.

Spiritual Layer

The fourth aura is the spiritual layer. It is the outer energetic layer that indicates our boundaries with respect to our external world. It is located twenty-four to thirty inches superficial to the physical body. The distance and size of the spiritual layer varies greatly depending on the contraction or expansion of someone's energetic field. The following are some qualities of this layer.

Some people are more prone to disease because their spiritual layer is too expanded and they are receiving too much energetic input from their environment that exhausts them. When people are sick they tend to contract their astral field and focus more of their energy inward and stop engaging with their external world.

Health is maintained in the balance.

It is from this level we interact with other people, animals, plants, earth, sun, stars and the universe.

It feels more like space than something tangible and appears as many different colours and shades. It has no particular pattern, but has a palpable edge to it.

The auric layers shift faster than consciousness. They continually adjust to energetic changes both externally and internally. Your intention and inner stillness when you are assessing the auras will greatly influence the energy that you pick up.

Energetics of Symptoms and Diseases

Often when a client comes to see a practitioner they already have symptoms or have been diagnosed with a disease. Since the body is a hologram and manifestation of energy is logical, it is possible to understand the underlying energetic patterns by looking at the energetics of symptoms and diseases. The analysis of disease will tell you what the body is doing, it won't tell you why. Only through listening to your client is the why, the root cause, revealed.

The energetics of symptoms and diseases deals with the signs and symptoms primarily on the physical level. As with all aspects of assessment there is always two elements in play and each element will have specific qualities, together an energetic pattern is revealed. Also, there can be more than one explanation for any symptom. For example, a lack of water, an excess of fire or an excess of air can cause dryness; stiffness can be due to an excess of earth or a lack of water. When assessing look for the range of possibilities and for how the symptoms manifest in relation to the rest of the body.

Steps to the Energetics of Symptoms and Diseases.

Each step highlights specific elements and qualities. Together they will provide the energetic pattern of the disease.

1. ***Element of organ or system.*** Start with the element that represents the organ or system that is out of balance. This will tell you the area of susceptibility for the client. For example, the respiratory system is an air element, muscles are a manifestation of fire, endocrine concerns are a result of an imbalance in the water element and bones are a manifestation of the earth element. Refer back to Table 3.6 and 3.7 for the full breakdown.
2. ***Pattern of signs and symptoms.*** Identify the signs and symptoms that are being manifested then identify the elements and qualities of those signs and symptoms. Tables 3.1 and 3.4 – 3.7 provide a breakdown of the qualities of the elements. For example:

Earth represents the strength and structure of the organs. An excess of earth is seen as a decrease in flexibility, stiffness and heaviness. The formation of cysts, tumors, or lumps denotes an earth quality. Earth conditions also tend to be more consistent and deep. A deficiency of earth is seen as an inability of body parts to hold their structure or shape or to keep things in. A deficiency of earth also manifests as weakness or atrophy.

Water is the fluid aspect of the body and relates to the production of body fluids. Swelling and an increase in weight or the presence of fluid are signs of excess water. Dehydration and dryness are signs of deficiency. A deficiency of water manifests as stagnation, areas feeling cold and thick or a lack of body fluids.

Fire is the impulse behind movement and the warmth of the body. Excess fire is seen when areas are red and hot. Irritability, frustration and restless are also signs of excess fire. A deficiency of fire manifests as a lack of enthusiasm or motivation, a lack of impulse to move or a lack of warmth.

Air is the primary element of movement especially as it relates to the nervous system. Air imbalances are seen as pain that moves around, symptoms that come and go at random, presence of gas or dryness.

Ether is represented by the quality of space. An ether imbalance occurs when there is the sense of not having enough space or not liking the space you're in.

Refer back to Chapter 3 for a breakdown in the qualities associated with Yin Yang, external versus internal, excess versus deficient and the energetics of body parts.

3. **Location.** Identify the physical location in the body where the imbalance is being manifested, its intensity and frequency. This will provide additional information on the energetic pattern. Core versus periphery and lateral versus medial indicate an internal versus external pattern or a Yin Yang pattern. Left versus right, front versus back and top versus bottom also indicate a Yin Yang pattern.
4. **Frequency and Intensity.** The frequency and intensity provide information about the depth of the energetic pattern and the degree it has impacted health. The more frequent and intense the manifestation the stronger the need to address the root cause or the triggers. Symptoms that are constant relate to imbalances that you are exposed to on a constant basis, energetic patterns that are deep within the body or patterns which require your immediate attention. Symptoms that are intermittent refer to imbalances that you are exposed to periodically. When symptoms are intermittent it is important to look for the triggers and the pattern.
5. **Onset.** Clarify when the symptoms started. If a symptom is something that a client has struggled with their whole life it will be related more to their constitution, area of susceptibility or stresses they encountered in their early life. If the symptoms started more gradually and later in life you are looking for more of a lifestyle pat-

tern. For example, a poor diet, lack of exercise, a life that is too busy or full of stress, a relationship that is unfulfilling. If the symptoms started more suddenly, a client will often be able to define a specific event that happened. For example, a client will say that the symptoms started after they lost their job, ever since an accident, since their father died, or as soon as they turned 40. When this happens it is important to delve further and to understand why that event was significant, how the body shifted and why it hasn't shifted back. What was the emotional impact of that event? What were the physiological changes and how were they handled?

6. **Associated signs and symptoms.** What characteristics or symptoms are related? This provides information on the energetic thread or the link that ties things together. Usually the symptoms for each specific pattern will have a similar onset or timing. For example, a client will describe a number of symptoms that all started three months ago, another set of symptoms that all started a couple of years ago and then some that they have struggled with their whole life. The symptoms that are associated by timing or the same triggers are usually part of the same energetic pattern.
7. **Identify root cause and triggers.** Work with the client to identify the root cause (initial stress, trauma or event that started the pattern). Diseases themselves will tell you how an energetic pattern is being manifested. Only the client can shed light on why. Also look at what makes the signs or symptoms better or worse. To what degree do the building blocks to health trigger or relate to the root cause? What are the thoughts or emotions associated with the pattern?

Examples of the Energetics of Symptoms and Diseases

Rheumatoid Arthritis (RA). RA is defined as a chronic syndrome characterized by non-specific, usually symmetric inflammation of the peripheral joints, potentially resulting in progressive destruction of articular and periarticular structures.

- a. **Organ System.** Arthritis occurs in the joints. Joints are an aspect of Ether. Ether relates to the external environment and to one's inner core or spirit.
- b. **Manifestation.** The following are some of the physical manifestations.

Inflammation and swelling is a water imbalance. The presence of redness or heat brings in the fire element as well.

Stiffness relates to an earth imbalance or a lack of water (flow).

Weakness is a deficiency of earth.

Destruction of articular and periarticular structures is a sign of a deficiency of earth.

- c. **Location.** Peripheral joints are an external quality. They relate more to the comfort level or interaction that someone has with their external world. If RA is worse on

either the right or left this provides insight into a Yin Yang pattern. If RA involves specific fingers or joints look at the energetic pattern of the specific areas that are affected. For example, it is common for the water joints on the hands to be affected.

- d. **Frequency and Intensity.** RA is a chronic condition with periodic flare-ups. It can be transient, gradual or progressive. RA is more likely to be transient when there is an external situation that contributes to the imbalance but resolves. If the situation doesn't resolve the impact is more likely to be gradual or progressive depending on the impact it has on a client.
- e. **Energetics of RA.** Overall RA is an ether imbalance with a deficiency of earth and a water imbalance. Look for areas in a client's life that are restrictive or a lifestyle that is too structured or controlled with a lack of nurturing, creativity or enjoyment.

Acute Bronchitis. Bronchitis is defined as acute inflammation of the tracheobronchial tree, generally self-limited and with eventual complete healing and return of function.

- a. **Organ System.** The lungs are an air element. The respiratory system is closely linked to the immune system as it is responsible for handling any pathogens or toxins that are inhaled. Acute bronchitis is a reflection of the immune response, which is an earth system.
- b. **Manifestation.** Bronchitis is triggered by the common cold, malnutrition or air pollution. The risk of bronchitis depends on a client's internal susceptibility and external exposure. The common cold and air pollution reveal the ability of someone to protect themselves from their external environment. Malnutrition is an internal deficiency pattern, primarily a deficiency of water and earth.

Inflammation is a water imbalance.

Wheezing is due to constriction, which is an earth imbalance.

Phlegm is a water / earth imbalance. The more yellow the phlegm the more the influence of the fire element.

Coughing is a normal response of the body to heal itself.

- c. **Location.** If congestion in the lungs is more right or left sided this provides a Yin Yang quality. Bronchitis is usually a reaction to the something external, which makes it an external pattern.
- d. **Frequency and Intensity.** The frequency indicates the level of susceptibility in the lung. It also relates to the frequency of triggers and the strength of the internal body. Bronchitis is usually self-limiting and mild. This relates to situations where the imbalance in a client's life is temporary.
- e. **Onset of symptoms.** People who suffer from bronchitis often have it more than once, which indicates that the lungs or the air element is an area of susceptibility.

It also indicates an inner weakness in the earth element.

- f. Energetic Pattern.* Overall Acute Bronchitis is an air imbalance. It is due to an internal deficiency of water and earth and an external excess focus. In other words, someone who extends themselves too much on external people, projects or responsibilities (external excess) and doesn't take sufficient care of themselves (internal deficiency). The type of client who would be the most susceptible is someone who thinks or worries (excess air) that it is more important to nurture and take care of others versus themselves (water imbalance) and becomes exhausted and weakened (deficiency of earth) or someone that feels weak either physically or emotionally and worries or thinks too much.

Irritable Bowel Syndrome (IBS). IBS is defined as a motility disorder involving the entire gastrointestinal (GI) tract, causing recurring upper and lower GI symptoms, including variable degrees of abdominal pain, constipation and/or diarrhea, and abdominal bloating.

- a. Organ System.* The organ system is the digestive system, which is a fire system. The role of the digestive system is to digest or break down and absorb everything that a client takes in, literally and metaphorically. The metabolism aspect of digestion is primarily a fire quality. The absorption of nutrients is a water quality of digestion. Fire is the element of emotion for the body and the digestive system is frequently where people hold emotions.
- b. Manifestation.* IBS is primarily a motility disorder. The movement of the digestive system is controlled by the nervous system, an air system. The nervous system is closely linked to thoughts and emotions and to breathing. The digestive system functions optimally in parasympathetic mode. In this mode the body is focused internally. The erratic nature of motility in IBS is associated with the nervous system being in sympathetic mode, or in a state of flight and fight, which is a pattern of external excess.

Abdominal pain (hypersensitivity) is a fire disorder.

Constipation and/or diarrhea are primarily an air imbalance. Water and earth also play a role.

Abdominal bloating is an excess of air.

Excess mucous production is an excess of earth in the water element.

- c. Location.* It often involves the whole GI system, which indicates an overall fire involvement, i.e., a tendency to be affected by the many qualities and manifestations of fire. For example, emotional situations, spicy food, being too busy or getting overheated.
- d. Frequency and Intensity.* IBS is often intermittent with an irregular pattern. Symp-

toms that are intermittent refer to situations or triggers that are intermittent. The more frequent, consistent and intense the symptoms the more the situation is a continual aspect of a person's life.

- e. **Onset of symptoms.** People diagnosed with IBS often have an anxious GI system as a child, which relates to their GI system being an organ of susceptibility.
- f. **Energetic Pattern.** Overall IBS is a fire imbalance due to an external excess of air, and an internal deficiency of water. In other words, when there are situations that bother a client they are likely to think about them a lot, or worry about them (excess air) and hold those thoughts and/or emotions in their GI system (fire). The situations that will most likely bother them involve a lack of nurturing or creativity or situations that are irritating, frustrating or cause anger. Foods that have excess fire or a deficiency of water often trigger IBS.

Osteoporosis. Osteoporosis is defined as a generalized progressive diminution of bone density, causing skeletal weakness. The net rate of bone resorption exceeds the rate of bone formation, resulting in a decrease in bone mass.

- a. **Organ System.** Bone is an earth element. The energetics of earth and hence bone are strength, support, stability and structure. Osteoporosis is affected by those things that we take in energetically and through lifestyle, exercise and diet that build earth, the body's ability and willingness to maintain the structure of bone and those things energetically (emotions, stress, exercise, lifestyle and diet) that weaken our sense of earth.
- b. **Manifestation.** Pain can occur in the bone or muscle especially if the osteoporosis is in the spine. The pain is often local and short lived. There is usually tenderness at the site. Energetically look for the area of tenderness and map that to the energetics of the spine or the particular body part.

Weakness is the main symptom and the main concern is fracture. Both are a sign of a deficiency of earth.

- c. **Location.** Osteoporosis can occur anywhere in the body. Often there is a difference right to left indicating a Yin Yang pattern or there is a difference in the hip versus the spine indicating a difference between someone's core strength and their strength or support with respect to moving forward.
- d. **Onset of symptoms.** Osteoporosis is generally a disorder that comes on gradually over time. Energetically this relates to a lifestyle pattern or behaviour pattern that a client has had for a long time.
- e. **Energetic pattern.** Osteoporosis is a deficiency of earth. The patterns of Yin Yang, external and internal come into play depending on the specific bones that are deficient. Look for aspects of a client's life where there are concerns about internal strength (self esteem), ability to support oneself or concerns around the support

received from others, stability in one's life or the feeling of having sufficient structure to one's life. Also look for those lifestyle factors and building blocks that affect the earth quality.

Determining the Energetic Patterns

After you have done the assessment process put all your information together to see the underlying and significant patterns. Throughout the assessment process update your chart and make note of key findings as you go and then look for the energetic qualities that are being expressed. The following is a sample of an energetic assessment:

Case: 38-year-old female who is a schoolteacher. She is recently separated and lives on her own. Chief complaints are abdominal pain when she eats fatty food, spotting in the middle of her period and some weakness in left knee when she exercises.

What you notice first	High intense energy level.	Excess pattern.
How she looks	Muscular, moderate build with fine features.	Fire build. Not a lot of earth.
Speech patterns	Rapid, sharp, not a lot of details, impatient.	Excess fire, presence of air or a reflection of a deficiency of earth.
Change in affect	<ul style="list-style-type: none"> a) Talk about paying bills increases the intensity of her voice and it becomes broken. b) Voice slows down when she talks of recent separation and she diverts her eyes. The separation was a surprise to her. 	<ul style="list-style-type: none"> a) Deficiency of internal earth, excess fire with a lack of water (flow). b) Deficiency of internal water (nurturing). It could also represent a deficiency in earth if she interprets the separation as not being secure.
Key words / Phrases	<ul style="list-style-type: none"> a) Concern about paying bills. b) Frustrated because she is single. c) She's getting too old for children. 	<ul style="list-style-type: none"> a) Lack of internal earth. b) Excess fire because of a deficiency in water (relationships). c) A water concern.
Lifestyle Energy	<ul style="list-style-type: none"> a) Busy at school. Likes her job. b) Good relationship with family. c) High impact exercises for about 2 hours a day. d) Not eating on a regular basis because she doesn't enjoy cooking for one person. 	<ul style="list-style-type: none"> a) Fire with strong external water. b) Strong external water. c) Excess fire. d) Deficiency of water.

Mental Nature	Usually optimistic. Concerned that her health is starting to change in a way that she can't get a handle on and a concern that she is running out of time.	Positive. Lack of earth and a fire imbalance.
Questionnaire	a) History of broken left ulnar bone 5 years ago. b) Digestive concerns as a teenager. c) Fear and a feeling of not belonging when her parents divorced at 12 years old.	a) Deficiency of earth. b) Susceptibility in a fire system. Fire held internally and not expressed. c) Earth emotions due to a disruption in water (relationships).
Walking	Quick, slight favouring of the right side.	Fire with a Yang pattern.
Range of Motion (ROM) & Flexibility	Full ROM in upper body and spine. Decreased extension of left knee.	Deficiency of earth (knee is the negative pole of earth) with a Yin weakness and excess of air (worry) about moving forward in life.
Breathing	Shallow and rapid.	Fire with a Yin deficiency.
Tongue Diagnosis	Red, especially on the sides, thick white coat in the center and scalloping on the sides.	Fire with a deficiency of internal water (not digesting and absorbing food).
Pulse Diagnosis	Rapid overall, liver pulse is tight.	Fire.
Physical Assessment	Right hand more forward. Left side more contracted from the shoulder to the hip.	Yang excess pattern.
Chief Concerns (CC)	CCI – Abdominal pain when eats fatty foods. CCII – Spotting in the middle of her period. CCIII – Weakness of the left knee.	CCI – Fire imbalance. CCII – Deficiency of earth in the reproductive system (water). CCIII – Deficiency of earth (knee is the negative pole of earth) and excess of air (worry) about moving forward in life.

Once you have all your findings from the assessment integrate them to see the patterns. Based on the above example the following are the key points that were identified:

Elemental Constitution. The elemental constitution is strong fire with some weakness in earth.

Level of the Shift. The shift is appearing primarily at the level of the organs and tissues due to an emotional issue.

Energetic Pattern. The pattern is a deficiency of internal and external earth, an internal deficiency of water, an excess of fire and a slight Yang excess pattern.

Causes of Symptoms and Disease. The cause was an external event (separation) that caused an immediate impact on the body. Her beliefs are playing a role with regards to being able to support herself on her own. As a result of this impact there is an excess of exercise and a deficiency in diet.

Root Causes. The root cause is a sudden separation that is very frustrating. The result is the feeling that she will not have children and that she has to work harder to support herself. The treatment objective would include addressing the impact of these root causes.

Triggers. The triggers are not eating well, exercising too rigorously and working longer hours. Her thoughts about increased financial responsibilities and not having children are also triggers.

Impact on Vitality. The impact on vitality has been minimal so far.

ENERGETIC HEALING

5

Treatments and health building strategies are energetic. They change, modify, stimulate, block or release energetic pathways or processes in the body. People approach healing based on their philosophies and beliefs. Healing, like assessment, is a mindset. Your perspective on health, your understanding of energy, your expectations and your belief about the purpose of life all influence the healing options, choices and path you choose, both as a practitioner and as a client. The intention with which you approach healing greatly influences the outcome. The intention matters more than the actual healing method, whether conventional, naturopathic or even hands-on.

Energetic healing is a shift away from ‘what do I take’ to ‘what do I change’. The role of a practitioner is to facilitate change. They do not ‘heal’. It is what the client does that determines the degree that the body will heal and a client’s ability to maintain a higher level of health. The conventional mode of healing puts the primary focus on the practitioner. The energetic approach, as discussed in this book, puts the focus on the client. In true energetic healing, the practitioner has an educative role versus a corrective role. Energetic healing provides a road map to facilitate the healing process. Healing is work. It requires change. It requires attention to all aspects of the body, especially those that are sending the messages. Energetic healing starts with understanding a client’s will, vitality, their ability to make and sustain the necessary changes in their life and the messages behind their energetic patterns.

During an assessment the practitioner is interpreting the energetic patterns. Clarifying the messages. Determining the vitality and will of a client. Identifying the areas of strength and weakness. Identifying the root causes behind the imbalances. During healing the aim is to provide recommendations that will shift the energy to a higher level of health. The goal is to address the energetic and physical imbalances and to provide the client with the tools to maintain health. The closer a treatment plan matches the energetic assessment the more profound and long lasting the results.

Healing Guidelines

The following are some of the guidelines used in energetic healing:

- Understand the goals and intentions of the client.
- Understand the client's constitution.
- Clarify the client's ability and willingness to integrate changes in their life.
- Identify the health risks.
- Identify limitations and obstacles to cure.
- Address the building blocks to health.

Consider the following when creating an energetic treatment plan:

Satisfactory versus Optimal Health

Healing Intention

Health Risks and Type of Change Required

Vitality and Will

Energetic Constitution

Level in the Body

Energetic Treatment Considerations

Satisfactory versus Optimal Health

There is a difference between satisfactory health and optimal health. Satisfactory health is based on what a client desires at a specific point in time. If you look at health as the absence of disease then your efforts will often be about managing symptoms. Most people pay attention to their health when there is a problem and stop paying attention to it when the immediate concern is alleviated. For many, health is about minimizing pain and discomfort and doing what it takes so that their physical body doesn't interfere with their desired lifestyle. Satisfactory health is often based on short-term objectives. For example, people who eat a poor diet and have an unhealthy sedentary lifestyle do so because it is convenient and easy, without regard for the long-term effects. Someone who desires to look younger and who takes a lot of supplements and medication or does injections might achieve their short-term ideal health, but in the process they might have impacted their health in the long run. It is not uncommon for people who desire to lose weight to choose a weight loss scheme that is not healthy and that has nothing to do with understanding the reason they are carrying excess weight. They might be successful in losing weight initially, but if the underlying cause is not addressed they will often decrease their overall health and gain the weight back.

Optimal health is about achieving the highest level of health you can in all aspects.

It is based on addressing the root causes of symptoms and diseases, living a life that has the building blocks for long-term health and having a lifestyle that is based on spiritual, mental, emotional, physical, community and environmental health. Optimal health involves making life decisions based on short-term and long-term health as the priority. It requires work and attention to all aspects of life and involves working through health concerns not just getting rid of them. Optimal health is about relating to the body as a form of two-way communication. As you are able to interpret the messages of the body and respond appropriately you move closer towards optimal health.

Many people live somewhere between searching for satisfactory health and optimal health. The role of the practitioner is to address the goals of the client. It is not helpful for a practitioner to offer a treatment that will provide short-term benefits by suppressing the symptoms when the client is looking for an understanding of the root cause. Likewise, it is not helpful for a practitioner to provide recommendations to a client to address the root cause when a client is interested in getting rid of the symptoms. Chances are the client will stop the treatment plan as soon as the symptoms subside.

Healing Intention

Treatments can cure, balance, support, palliate, manage, suppress or radically change health. The outcome depends on the intention of the client and practitioner, the depth and accuracy of the assessment, the motivation and ability of the client to change and the energetic impact of the treatments. All modes of treatment have their value and purpose. When a client is bleeding internally due to a ruptured abdominal aorta initially a radical treatment that focuses on saving the client's life versus one that addresses their deep-seated anger and frustration is more appropriate if the client is to live. The following reviews the different modes of healing. Curing, balancing and supporting health all work with the healing power of the body. Treatments that palliate, manage, suppress or radically change health might provide the relief that is required to make the necessary changes in life, but they seldom support the healing power of the body or address the root causes of disease, in and of themselves.

Cure. To cure means to restore to a healthy state. A cure occurs when the body has addressed the energetic pattern behind the disease or disharmony, the body is able to maintain a healthy state on its own and the overall level of health of the client is improved. Treatments that focus on curing disease often include all levels of health – spiritual, mental, emotional and physical. Cure involves addressing the root cause and strengthening the areas of susceptibility in the body. The advantages to a cure are that it improves health the greatest and that it provides the most insight into optimal health. The deterrent is that it requires work and vitality.

Balance. To balance means to provide an intervention that addresses the current undesirable state of the body. Any form of treatment can be used as a balancing intervention.

For example, energy work, acupuncture, body work, detoxification programs, herbs, nutrition or homeopathic remedies. It is appropriate to provide a balancing intervention when there is a clear understanding of what the excesses and deficiencies have been. It is advantageous when the intervention is short-term, restores the body to health and when the body is able to maintain a healthy state once the intervention is removed. The ideal is to live a lifestyle that maintains health and balances situations as they are encountered without minimal need for external interventions. Balancing is different than a cure in that it often involves only one or two levels of health.

Support. To support means to provide comfort or assistance. Treatments that are supportive assist the body in achieving a healthier state without forcing an energetic shift in one direction or the other. The building blocks to health are an example of supportive treatments. Support can also be in the form of body work, counseling or information. The advantages to supportive treatments are that they provide the nutrients, nurture, and the energy and the space for change. They also help clarify and focus the changes. Supportive changes decrease the overall burden on the body. They lessen the intensity of the signs and symptoms and improve the quality of one's life but they don't necessarily address the triggers or the root causes behind the energetic patterns unless the cause of the symptoms or disease is a lack of the building blocks themselves.

Palliation. To palliate means to lessen or ease the pain or discomfort of the symptoms without curing them. At times it is necessary to palliate, to remove the intensity of the discomfort, so that someone has the energy and ability to focus and make necessary changes in their life. Most forms of treatment can be used to palliate. For example anti-inflammatory herbs to decrease pain or a homeopathic remedy to remove the intensity of anxiety or body work to aid in relaxation. The disadvantages to palliation are that when the discomfort is lessened a client can ignore the messages and avoid making the necessary changes. When symptoms are palliated and not followed by the changes that are needed the signs and symptoms often return with even a stronger intensity.

Manage. To manage means to control, handle, manipulate or bring about a desired outcome. Treatments that require the ongoing administration of a drug, herb, supplement or intervention to achieve a specific outcome are managing a disease state. They produce a specific response in the body irrespective of the other processes that are occurring and the interrelationship among the organs and body systems. The management of diseases has historically been the focus of conventional treatments. The advantages of management are that it can divert critical health issues, it can temporarily improve someone's quality of life and it can prevent the progression of some diseases. The disadvantages are that whenever you control one aspect of the body it disrupts the ebb and flow of the body as a unit. The improvement in the quality of life is often short lived as other aspects of health are disrupted and start to show signs of imbalance. Many people find themselves taking more and more drugs and supplements over time due to the management of signs and symptoms versus treating the underlying triggers or root causes. The difference between support and management is that interventions that

focus on management of diseases force on energetic shift, interventions that support decrease the overall burden on the body and provide building blocks which make it easier for the body to work more effectively. It is possible to move from interventions that are managing a disease to interventions that are supporting, balancing or focused on curing a disease, if that is the intention, and if the root cause and triggers are addressed.

Suppression. From a health point of view, to suppress means to subdue, block, repress, dismiss or to get rid of a symptom without resolving it. Any form of treatment or healing can suppress. Taking drugs to block a rash or to mask depression is a form of suppression. Advantages of suppression are that it alleviates the current symptoms. The disadvantage is that it drives the symptoms deeper or affects the body in a more profound way. The difference between management and suppression is the intention of the treatment and interventions that suppress are more extreme and tend to be more disruptive to health.

Radical Change. A radical change is an extreme, often traumatic modification of health. Surgery and drugs that have an extreme, often immediate, impact on the body or that are life saving interventions are the most common forms of radical change. At times radical changes work in a client's favor. For example, if a client has cervical dysplasia as a result of sexual abuse and the impact of the abuse was traumatic a treatment that is also traumatic might assist in balancing the effect. What determines the impact of a radical change is the connection that the client makes between the event, the outcome and the intention behind the treatment. If someone undergoes a life saving heart operation and then dramatically modifies their lifestyle then the radical intervention is like a wake up call that will assist in restoring the body to health. If on the other hand, a client sees heart surgery as a fix to the problem they are unlikely to make the changes that are required. Radical changes are advantageous primarily when the health risks are high. The disadvantages are that they do not work with the healing power of the body and they do not address the root causes of disease. They can also impact the body to such a degree that the ability of the body to repair, recover, or to heal itself is greatly diminished or lost.

Health Risks and Type of Change Required

A practitioner determines the health risks, the degree of physiological change that has already occurred and identifies the change that needs to occur in order to restore health. A practitioner often needs to clarify the difference between a client's concern and the health risk of their disease. For example, a client who has been diagnosed with liver cancer might only be in minimal discomfort but their health risks are high. A lot of change is needed immediately if the client is to live. On the other hand, constant arthritic pain is very concerning and debilitating, but it is not a sign of high risk. When the health risks are low treatments that are more gradual and gentle can be applied. When the health risks are high, treatments that address the essence of the energetic

pattern or treatments that are more dramatic and intense are required, if health is to be restored. Dramatic and intense treatments will often ‘save a client’s life’, but the ability of the body to restore health is still dependant on the other changes that are made.

There are three main types of change that can occur: gradual, transitional and transformational. Each one has its place and value in health care.

Gradual change develops little by little. Small changes change the trajectory of the path and result in large benefits in the long run. Gradual change involves identifying and modifying the building blocks to health and addressing the lifestyle factors that can be improved over time to change the health outcome in the long run. For example, increasing the amount and quality of fruits and vegetables that you eat, improving your breathing skills, exercising on a more regular basis or spending more time relaxing and enjoying life. Gradual changes to health are ideal for health promotion and disease prevention strategies. They require knowledge and information and start with changes within oneself and one’s perspective on health. Gradual changes are planned changes that involve a client doing what they already do, but doing it better. When the current health risks are low and there is a desire for long-term health it is possible to consistently improve health by gradually introducing new health building strategies into your lifestyle. Gradual changes are gentle and are easy to implement. They produce results that are more gradual and hence the challenge often comes in seeing the benefits and in maintaining the changes for the long run.

Transitional change is a shift from one state or behaviour to another. The change at this level is more apparent. It involves adding, removing or modifying something specifically to impact health. For example, stopping dairy completely to see if it improves chronic sinusitis, starting an exercise program to increase flexibility and cardiovascular function, learning the proper way to breathe and monitoring the improvement it has on anxiety, taking a herb for diabetes and monitoring the change in blood sugar or doing some mental exercises to address a situation that still triggers you. Transitional change is the most common type of change for people who have health concerns or health risks that are bothersome but not currently life threatening. With transitional changes there is a period of time when the focus on a specific aspect of health or a specific energetic pattern is concentrated, the outcome is more immediate and a specific outcome is contributed to a specific change. Transitional change is also used when the aim of treatment is to improve quality of life and to decrease the rate of progression or spread of disease. If the changes address the root cause of the health concern, the body will return to and maintain a healthy state even after the change has been stopped.

Transformation change involves dramatic change. It is usually driven by a crisis such as when someone is diagnosed with a serious illness. It is unplanned and involves changing a lot all at once. If a client’s intention is to survive a critical illness then it is necessary to assess all aspects of health and to make changes on all levels – mental, emotional and physical. Changing diet and adding supplements are often not enough to restore health when faced with a serious disease. Transformation change involves

addressing the root cause of disease, limiting the triggers that are impacting health and supporting the healing power of the body. Transformational change takes a lot of energy, focus, vitality and will. It is through transformational changes that we see the true healing power of the body.

Vitality and Will

Energetic healing involves stimulating a client's vital force. To do this, first know the strength and ability of the body to heal. How much damage has been done? What is the client's will to live? What is their belief about life and death? It is important to understand the importance of vitality. When the vitality and will is high the ability of the client to make dramatic changes is higher. If the vitality is low it is important to support the body initially versus recommending or imposing changes that a client will not be able to handle.

A practitioner's will can never be stronger than a client's. A practitioner is a guide. The client needs to first determine their ultimate destination. There is a lot of discussion in the medical field about the difference between quality of life and quantity, about life and death and the emotions we attach to both. As perspectives change, practitioners have to be aware of these changes and provide treatments that support it. There is a difference between what medical science can do and what is appropriate to do for a specific individual.

Energetic Constitution

A client's energetic constitution provides insight into areas of strength and susceptibility and provides insight into how a client receives and processes information. Often the success and compliance of a treatment plan is influenced by how the information is conveyed and whether or not it is done in a way that makes a client feel comfortable.

Earth. A client with an earth constitution is going to be more comfortable with specific details. A structured plan. Knowing what to do and why.

Water. The relationship that is established with a water client is very important. They want to feel nurtured, listened to and understood by the practitioner. It isn't so much the details, but how the treatment plan and communication flows.

Fire. A fire client is going to be more comfortable when there is a specific focus. A direction to follow. Being motivated and enthusiastic about the changes is important.

Air. An air client will be most comfortable with choice. Providing a list for them to choose from or a range of activities that they can alternate between. Choice and variety are important.

Level in the Body

Energy patterns usually start as a mental or emotional response to an external event or a situation. If the impact of the situation is not resolved or if it is extreme it will crystallize or step-down into the inner body or structural body. If the initiation of the energetic shift was on the mental or emotional level then these levels often need to be addressed before the physical will heal. The deeper the pattern, the more levels that need to be addressed for healing to occur.

Mental Level. Some people find their mind never shuts off and they are constantly thinking or worrying. When assessing the mental level look for the activity in the mind and whether the mind is positive or negative, especially as it relates to one's outlook on their health concerns. Concerns often start on the mental level before they progress to the emotional, inner or structural aspects of the body. When concerns are primarily on this level it is important to address the language of the mind and to become aware of how the mind affects energy, outlook, behaviour and hence health. Recognize and address the root cause of the active mind or the negative mind chatter.

Emotional Level. For some clients their irritability, anger, sadness, depression or feelings of being overwhelmed are their primary concerns. When health concerns are primarily on the emotional level a client often looks for physiological causes by doing laboratory testing, but repeatedly the tests come up negative and they are told that nothing is wrong. The energetic shift is real and people feel it. It just hasn't been around long enough or isn't deep enough to dramatically affect the functional level or structural level of the body. This is a good thing. Let me repeat that – this is a good thing. What it means is that the pattern originated on the mental or emotional level and hasn't solidified into a deeper physical level. When it is primarily in the emotional level it is often easier to shift than when it is deeper in the inner or structural body. You will often find physical symptoms, yet when the shift is primarily at this level the concern the client has for their physical symptoms is often lower. The challenge of dealing with the emotional body is recognizing the difference between identifying and addressing the root cause at this level and getting rid of or suppressing the emotional chaos. Certain types of diet, exercise and body work can alleviate the intensity of emotions, yet the main work needs to address the root cause of the emotions.

Inner Level. Unresolved mental and emotional issues eventually affect health on the inner level. A lifestyle that doesn't provide the body with the needed building blocks to health will also affect health on this level and other levels. When symptoms or disease has impacted the organs, glands and tissue there needs to be a focus on providing the body with the needed building blocks to health. It is important to address what is in excess and what is deficient, emotionally, mentally, and in one's lifestyle. The more the inner body is affected the more important it is to support the inner body. As always, address the root cause as it is the initiator and propagator for the energetic pattern. For example, if a client has gas every time they eat you might find that changing diet is helpful in balancing their body. If, on the other hand, a client suffers from gas, con-

stipation, psoriasis, worry and irritability, addressing diet may be an important component, yet it alone is not enough.

Structural Level. Structural symptoms occur primarily for two reasons. The first being areas of weakness or susceptibility and the second being a progression and deepening of an energetic pattern from the mental, emotional and inner levels of the body. When symptoms or diseases affect the structural level it is beneficial to look at all the levels of health and to understand the impact that each one of them is having. For example, in some conditions a client's thoughts may be the strongest trigger that is keeping the energetic pattern stuck, for someone else their diet may be the strongest contributor to the symptoms. It is also helpful to include treatments such as, exercise, osteopathic treatments, manipulation, acupuncture, massage, or energetic body work that directly address concern on the physical level. Address health concerns at the level that they are being expressed and then address the root causes of the energetic pattern.

Energetic Treatment Considerations

- Address the deficiencies first, then focus on decreasing the excesses.
- Treatments and healing recommendations are also energetic. Look at the treatments or healing recommendations from an energetic perspective.
- It is what a client does that determines the long lasting impact to health.
- When you give a substance the initial response represents the action of the substance in the body. Subsequent responses represent the ability of the body to maintain the healing response.
- Allow time for the body to adjust. Healing requires changes on many levels.
- No one is an island. As someone changes it impacts everyone in his or her support network. It is helpful to understand the impact that changes will have on someone's support network.
- Once you have your assessment, communicate it to your client in a way that makes sense for them. Provide them with insight on what they can do, what they can change or focus on.
- As a practitioner, don't become part of the pattern.

Healing energetically is like renovating a home. The first step is to decide the resources and energy that you want to put into it. Recognize that it takes work and effort, but it is worth it. You always renovate from the inside out. Assess and figure out what shape every aspect is in, what are the areas of strength and what areas need the most work or the most changes.

The first priority is to ensure a strong foundation, which means address all the fundamental building blocks. Next work on the plumbing or routes of elimination to ensure that you are able to eliminate toxins and waste products. Repair and rebuild what is needed, one aspect at a time – don't put the whole house (body) into chaos all at once. Use the right materials (treatment inventions) and keep in mind, more is not always better. Once the inner health has been addressed the outer health will improve and can be enhanced.

Health is a way of life and symptoms are a way that the body notifies us that change is needed. Learn to listen and respond to the messages from the body. Create a lifestyle that constantly looks at ways of improving health and understanding the body at a deeper level. Enjoy the journey of discovering the wisdom and messages of the body.

Exploring the body energetically is a fascinating journey.

I trust that you will enjoy an expanded appreciation and understanding of the messages from the body.

APPENDIX



FIVE ELEMENT QUESTIONNAIRE

The ‘5 *Element Questionnaire*’ is designed to provide insight into your energetic constitution. Research has shown that the way that a body looks, works and behaves is characteristic of certain personal patterns and behaviours. By better understanding your personal patterns and behaviours you will have more insight into how to control, manage and understand your body and how best to improve your overall health.

The following ‘5 *Element Questionnaire*’ is not a medical diagnostic tool, it is designed to get an overview of your personal awareness, observations and opinions about yourself, how you believe you are perceived, how you act and in what situations you feel the most comfortable. The questionnaire is broken down into 5 sections, each one representing a different characteristic of your body: structural body, inner body, emotions, intellect and external factors that affect you.

Please follow these general instructions:

The questionnaire design is that there is a behaviour or body function listed in the far left column and then four different examples of that behaviour. Read each statement and determine to what degree each statement is representative of your behaviour by placing a ‘0’, ‘1’, ‘3’, or ‘5’ in the box in the far bottom corner. Use ‘0’ for never, or not like you, ‘1’ for ‘sometimes’ or ‘similar to you at times’, ‘3’ for ‘often’ or ‘like you often’ and ‘5’ for ‘very often’ or ‘like you all the time’. For the purpose of this questionnaire answer the questions based on you and your behaviour in the last month. For example:

Observation	(a)	(b)	(c)	(d)
Appetite	Irregular, scanty, erratic <input type="checkbox"/>	Good, strong digestion <input type="checkbox"/>	Steady appetite, puts weight on easily <input type="checkbox"/>	Consistent, can eat a lot without feeling full <input type="checkbox"/>

Client Information:

Name: _____ Date: _____

Client’s Signature

Date

Structural Body

This section looks at your physical body. How it is shaped, how it looks and how it moves. There is no right or wrong answers and there is no “ideal” body type.

Read each statement and determine to what degree each statement is representative of you by placing a ‘0’, ‘1’, ‘3’, or ‘5’ in the box in the far bottom corner. Use ‘0’ for never, or not like you, ‘1’ for ‘sometimes’ or ‘similar to you at times’, ‘3’ for ‘often’ or ‘like you often’ and ‘5’ for ‘very often’ or ‘like you all the time’.

Observation	(a)	(b)	(c)	(d)
Body size	slim, lean and long <input type="checkbox"/>	well developed, evenly proportioned <input type="checkbox"/>	large, pudgy, carry weight unevenly <input type="checkbox"/>	large, solid, weight is evenly proportioned <input type="checkbox"/>
Body weight	low, difficult to put on weight, easy to lose <input type="checkbox"/>	medium, easy to gain, easy to lose <input type="checkbox"/>	medium – high, gains easily, hard to lose <input type="checkbox"/>	heavy – hard to gain, hard to lose <input type="checkbox"/>
Skin	thin, dry (especially in the winter), rough <input type="checkbox"/>	thin, smooth, oily, moles, freckles, acne <input type="checkbox"/>	thick, oily, soft, smooth <input type="checkbox"/>	thick, dry, rough <input type="checkbox"/>
Hair	dry, brittle, kinky <input type="checkbox"/>	oily, silky, straight <input type="checkbox"/>	thick, curly, oily <input type="checkbox"/>	dry, thin, balding <input type="checkbox"/>
Teeth	big, roomy, thin, crooked gums <input type="checkbox"/>	medium, yellowish, tender gums <input type="checkbox"/>	medium, white, strong gums <input type="checkbox"/>	big, straight, thin gums <input type="checkbox"/>
Chin	thin, angular <input type="checkbox"/>	tapering <input type="checkbox"/>	round <input type="checkbox"/>	square <input type="checkbox"/>
Hips	slender, thin <input type="checkbox"/>	moderate <input type="checkbox"/>	heavy, big <input type="checkbox"/>	broad, thick <input type="checkbox"/>
Which of the following describe you best?	move from one activity to another, can be distant to others <input type="checkbox"/>	perform activities quickly, a lot of enthusiasm <input type="checkbox"/>	methodical, like to take time with activities <input type="checkbox"/>	vigorous, likes contact sports, firm in stance <input type="checkbox"/>
Walk	lose, varied focus, quick <input type="checkbox"/>	quick, desire and determination <input type="checkbox"/>	slow and relaxed <input type="checkbox"/>	solid and heavy <input type="checkbox"/>
Primary health concerns	shoulders, lungs, kidneys, ankles / calves <input type="checkbox"/>	eyes, forehead, solar plexus or thighs <input type="checkbox"/>	chest, breast, pelvis or feet <input type="checkbox"/>	neck, colon or knees <input type="checkbox"/>
TOTALS				

Inner / Fluid Body

This section looks at the inner workings of your body. It assists in further understanding how your body handles, interprets and deals with the outside world and what you digest. There is no right or wrong answers and there is no “ideal” body type.

Read each statement and determine to what degree each statement is representative of you by placing a ‘0’, ‘1’, ‘3’, or ‘5’ in the box in the far bottom corner. Use ‘0’ for never, or not like you, ‘1’ for ‘sometimes’ or ‘similar to you at times’, ‘3’ for ‘often’ or ‘like you often’ and ‘5’ for ‘very often’ or ‘like you all the time’.

Observation	(a)	(b)	(c)	(d)
Appetite	irregular, scanty, variable <input type="checkbox"/>	good, strong, regular <input type="checkbox"/>	slow and steady appetite <input type="checkbox"/>	consistent, can eat a lot without feeling full <input type="checkbox"/>
Digestion	irregular, varies with diet <input type="checkbox"/>	quick, can cause burning <input type="checkbox"/>	sluggish, food can sit in stomach awhile <input type="checkbox"/>	prolonged, slow, food stays a long time <input type="checkbox"/>
Elimination	constipation, hard, dry stools, small quantity <input type="checkbox"/>	loose, soft, oily stools, medium quantity <input type="checkbox"/>	oily stools, heavy, slow, moderate quantity <input type="checkbox"/>	heavy and slow, large quantity <input type="checkbox"/>
What happens when meals are missed?	forgetfulness or headaches can occur <input type="checkbox"/>	uncomfortable if meals are late or missed <input type="checkbox"/>	can skip a few meals with few signs <input type="checkbox"/>	can easily skip a few meals, might feel tired <input type="checkbox"/>
Thirst	changeable <input type="checkbox"/>	surplus <input type="checkbox"/>	sparse <input type="checkbox"/>	high when active <input type="checkbox"/>
Perspiration	perspire very little <input type="checkbox"/>	perspire when hot <input type="checkbox"/>	moderate perspiration <input type="checkbox"/>	perspire a lot <input type="checkbox"/>
Key health concerns	chest, lungs or nerves <input type="checkbox"/>	digestion, spleen, heart <input type="checkbox"/>	bladder or glands <input type="checkbox"/>	bone, colon or kidneys <input type="checkbox"/>
	nervous system, circulation, respiration <input type="checkbox"/>	digestion or metabolism <input type="checkbox"/>	hormones or immune system <input type="checkbox"/>	bone, skeletal or elimination process <input type="checkbox"/>
	thyroid <input type="checkbox"/>	thymus <input type="checkbox"/>	pancreas <input type="checkbox"/>	ovaries, testis <input type="checkbox"/>
Average energy level	high energy in short bursts, tires easily <input type="checkbox"/>	good energy if not too hot, heat is tiring <input type="checkbox"/>	consistent energy level and endurance <input type="checkbox"/>	strong, solid energy and endurance <input type="checkbox"/>
TOTALS				

Emotions

The Emotional aspect of the questionnaire looks at how you express your emotions, what emotions you are most likely to express and under what circumstances. There is no right or wrong answers and there is no “ideal” emotional behaviour.

Read each statement and determine to what degree each statement is representative of you by placing a ‘0’, ‘1’, ‘3’, or ‘5’ in the box in the far bottom corner. Use ‘0’ for never, or not like you, ‘1’ for ‘sometimes’ or ‘similar to you at times’, ‘3’ for ‘often’ or ‘like you often’ and ‘5’ for ‘very often’ or ‘like you all the time’.

Observation	(a)	(b)	(c)	(d)
Sleep	irregular, erratic <input type="checkbox"/>	moderate, light <input type="checkbox"/>	deep, lasts +8 hrs <input type="checkbox"/>	long, sound <input type="checkbox"/>
Sexuality	cold, variable <input type="checkbox"/>	hot, intense <input type="checkbox"/>	enduring, affection <input type="checkbox"/>	cool, steady <input type="checkbox"/>
Which describes you best?	integrity, charity <input type="checkbox"/>	forgiving, enthusiastic <input type="checkbox"/>	receptive, compassion <input type="checkbox"/>	protecting, supporting <input type="checkbox"/>
	impatient, judgmental <input type="checkbox"/>	resentful, angry <input type="checkbox"/>	compulsive, passionate <input type="checkbox"/>	defensive, resistant <input type="checkbox"/>
	jealous, desires <input type="checkbox"/>	frustrated, low control <input type="checkbox"/>	dependency, possessive <input type="checkbox"/>	anxious, fearful <input type="checkbox"/>
	moods change rapidly, love to experience new things, places, people <input type="checkbox"/>	Likes own ideas best, confident, enjoys challenges <input type="checkbox"/>	ability to let emotions flow, repeat patterns, tolerant of others <input type="checkbox"/>	placid, easy going, slow to anger, content <input type="checkbox"/>
Presentation of emotions	quick to laugh, silly, flippant <input type="checkbox"/>	joy, optimism, lively, charismatic, warm <input type="checkbox"/>	compassionate, caring, cries easily <input type="checkbox"/>	rational, calm, keeps a lot of expression inside <input type="checkbox"/>
Personal view of role of emotions	tend to step back and detach emotionally for more objectivity <input type="checkbox"/>	like to demonstrate passion & desire for events, people, places <input type="checkbox"/>	strong ability to calm a situation, or to deal with frustration / anger <input type="checkbox"/>	provide stability, centeredness, authority, grounding to situations <input type="checkbox"/>
Interaction with others	don't like pressure or commitments <input type="checkbox"/>	likes attention and respect <input type="checkbox"/>	try to please and seek approval from others <input type="checkbox"/>	stand on your own, self sufficient <input type="checkbox"/>
When upset, which describes you best?	unattached, can be superficial, cold, aloof <input type="checkbox"/>	emotions can flare up quickly, can lead to irritation, aggression <input type="checkbox"/>	at times emotional, irrational & feelings of low self esteem if alone <input type="checkbox"/>	rigidity, pickiness, obsession on detail, stubborn, lethargic <input type="checkbox"/>
TOTALS				

Intellect / Mind

The Intellectual aspect looks at how your mind works, how you express your thoughts and what you spend your time primarily thinking about. There is no right or wrong answers and there are no “ideal” intellectual abilities or strengths.

Read each statement and determine to what degree each statement is representative of you by placing a ‘0’, ‘1’, ‘3’, or ‘5’ in the box in the far bottom corner. Use ‘0’ for never, or not like you, ‘1’ for ‘sometimes’ or ‘similar to you at times’, ‘3’ for ‘often’ or ‘like you often’ and ‘5’ for ‘very often’ or ‘like you all the time’.

Observation	(a)	(b)	(c)	(d)
Mental activity	active <input type="checkbox"/>	moderate <input type="checkbox"/>	steady <input type="checkbox"/>	methodical, slow <input type="checkbox"/>
Decision making	difficulty making decisions <input type="checkbox"/>	likes to be in charge <input type="checkbox"/>	cares about other peoples’ feelings <input type="checkbox"/>	likes to add information, contribute <input type="checkbox"/>
Quality of the mind	attention, thought <input type="checkbox"/>	insight, vitality <input type="checkbox"/>	receptivity, nurturing <input type="checkbox"/>	stability, structure <input type="checkbox"/>
View of the mind	thinking is important, lives in their head <input type="checkbox"/>	thinking is to give mind direction and purpose <input type="checkbox"/>	thinking is a reflective quality <input type="checkbox"/>	focused on ambition – power / prestige <input type="checkbox"/>
Type of mind	imaginative, quick, alert, might be restless <input type="checkbox"/>	clarity of thought, sharp intellect, alert, decisive <input type="checkbox"/>	impressionable, intuitive, flows easily <input type="checkbox"/>	practical, dependable, lets information sink in <input type="checkbox"/>
Presentation of speech	lightness, active, moving, rapid, unclear at times, talks quickly <input type="checkbox"/>	staccato, power, sharp authority to voice, penetrating, assertive <input type="checkbox"/>	repetitive, lively, flowing, mellow tones, magnetic, hypnotic <input type="checkbox"/>	low, slow, deep, punctuated with pauses, economy of words <input type="checkbox"/>
Thought patterns / work style	rush from one thing to another, indecisiveness <input type="checkbox"/>	ambitious, opinionated pioneering, outspoken <input type="checkbox"/>	empathetic to others, unpredictable <input type="checkbox"/>	perseverance, intellectual stability <input type="checkbox"/>
Productivity	great procrastinators, don’t get a lot done <input type="checkbox"/>	accomplish a lot, don’t always finish things <input type="checkbox"/>	helpful, good at pitching in, helping out <input type="checkbox"/>	sees things to the end regardless of time <input type="checkbox"/>
Interaction with others	gregarious <input type="checkbox"/>	leaders <input type="checkbox"/>	sensitive to others <input type="checkbox"/>	dependable <input type="checkbox"/>
Primary intellectual concern(s)	emotionally detached, quick to learn / forget <input type="checkbox"/>	bossy, lack of concentration <input type="checkbox"/>	moody, thoughts not always coherent <input type="checkbox"/>	opinionated thinking, attitudes, stuffy, or dry <input type="checkbox"/>
TOTALS				

Space & External Factors

The section on Space and External Factors looks at how you relate to external factors and how you behave in certain situations. There is no right or wrong answers and there is no “ideal” behaviour type.

Read each statement and determine to what degree each statement is representative of you by placing a ‘0’, ‘1’, ‘3’, or ‘5’ in the box in the far bottom corner. Use ‘0’ for never, or not like you, ‘1’ for ‘sometimes’ or ‘similar to you at times’, ‘3’ for ‘often’ or ‘like you often’ and ‘5’ for ‘very often’ or ‘like you all the time’.

Observation	(a)	(b)	(c)	(d)
Primary focus	moderation <input type="checkbox"/>	reality <input type="checkbox"/>	other people <input type="checkbox"/>	limits, boundaries <input type="checkbox"/>
Which describes you best	self regulation <input type="checkbox"/>	self expression <input type="checkbox"/>	self care <input type="checkbox"/>	self protection <input type="checkbox"/>
	formation of ideas, concepts <input type="checkbox"/>	putting ideas and concepts into action <input type="checkbox"/>	analyzing the effects of ideas and concepts <input type="checkbox"/>	ensuring that ideas and concepts are finished <input type="checkbox"/>
What sense is strongest	sense of touch <input type="checkbox"/>	sense of sight <input type="checkbox"/>	sense of taste <input type="checkbox"/>	sense of smell <input type="checkbox"/>
Financial	poor, spends on trifle items <input type="checkbox"/>	spends money on luxuries <input type="checkbox"/>	good money preserver, spends on food, others <input type="checkbox"/>	good saver, doesn't spend a lot of money <input type="checkbox"/>
Outlook on life	lively and enthusiastic, looks for new ideas <input type="checkbox"/>	warm, friendly, outgoing, excitement <input type="checkbox"/>	peaceful and happy, likes to be with friends <input type="checkbox"/>	content and easy going, likes consistency <input type="checkbox"/>
Weather	prefer warm weather, don't like cool <input type="checkbox"/>	prefer cool, like the sun, but not a lot of it <input type="checkbox"/>	prefer warm weather, dislike cool / damp <input type="checkbox"/>	prefer cool temperatures <input type="checkbox"/>
Tastes preferred	sour, cool foods <input type="checkbox"/>	bitter, hot foods <input type="checkbox"/>	salty, cold foods <input type="checkbox"/>	sweet, hot foods <input type="checkbox"/>
Foods preferred	fruits, nuts and seeds, likes a lot of variety <input type="checkbox"/>	Grains, spicy <input type="checkbox"/>	Melons, vegetables <input type="checkbox"/>	Root vegetables, no need for a lot of variety <input type="checkbox"/>
Preferred routine	irregular daily routine <input type="checkbox"/>	exciting, varied routine <input type="checkbox"/>	regular routine, with some variety <input type="checkbox"/>	regular steady routine, little need for change <input type="checkbox"/>
TOTALS				

Analyzing the 5 Element Questionnaire

Copy the totals for each section to the chart below. The rows relate to the aspects of a client where as the columns relate to the qualities of the elements.

	(a) AIR	(b) FIRE	(c) WATER	(d) EARTH	TOTALS (aspect)
Structural Body					
Inner Body					
Emotions					
Intellect / Mind					
Space / Ext Factors					
TOTALS (quality)					

1. **Overall aspect** of the client. Look at the highest number in the totals for the rows; this indicates the aspect of a client that is presented the strongest.
2. **Overall quality** of the client. Look at the highest number in the Totals for the columns; this indicates the overall elemental quality that the client displays.
3. **Most prominent feature** of the client. The highest number overall (start with the row, then the column; e.g. Emotions – Water) indicates a prominent feature for that client.
4. **Least prominent feature(s)** of the client. The lowest number overall (start with the row, then the column; e.g. Emotions – Water).
5. **Range in aspect** results. The range of totals in the rows gives you an idea of the degree that a client focuses on different aspects of their health.
6. **Range in the quality** results. Look at the range in the column totals. This gives you an idea of the degree that each element influences a client.

AN AYURVEDIC PERSPECTIVE

Doshas are based on the five elements. Each dosha is made up of two elements. Ayurvedic Medicine analyzes a person's constitution and state of health based on the three doshas Vatta, Pitta and Kapha.

General Characteristics of the Three Doshas

	VATA	PITTA	KAPHA
Primary Elements	Air	Fire	Water
Secondary Element	Ether	Water	Earth
Gunas	Sattva and rajas	Sattva and rajas	Sattva and tamas
Functions	Movement or propulsion	Transformation and conversion	Cooling and preservation
Characteristics	Stimulation Catabolic / destruction Energetic humor	Growth Metabolic / creator Thermogenic humor	Nurture Anabolic / preservation Cohesive humor
Inner body functions	Movement and spaces in which it happens	Metabolism and secretions	Body structure and solidity
Meals	after complete digestion	during digestion (enzymes and acids)	start of eating (saliva and mucous)
'Seat' of Expression	Colon	Stomach, Small Intestine	Stomach, Lungs
Subsidiary Site	Nervous System	Gallbladder, bile	Lubrication, fat, plasma
Qualities	dry, cold, light, irregular, mobile, rarefied, rough	oily, hot, light, intense, fluid, malodorous, liquid	oily, cold, heavy, stable, viscous, dense, smooth
Signs of Excess	dry or degenerative nature, underweight, interference with movement, cold, gas, constipation, restless worry, fear, anxiety	heat or inflammation, bleeding, burning sensation, painful digestion, heartburn, yellow stools, anger, hypercritical	overweight, increase in body mass or excess fluids such as tumors and swellings, mucous, heaviness, edema, nausea
Stages of Life	55 years and up	Puberty – middle age	Childhood
Time of Day	2 – 6 (a.m. & p.m.) dawn / dusk	10 – 2 (a.m. & p.m.) midday / midnight	6 – 10 (a.m. & p.m.) early morning / evening
Seasons	Fall / Winter / rainy	Summer	Spring
Nature	Wind, oceans	Fire, sun	Rocks, mountains, moon, earth

The gunas represent the quality of the elements from an Ayurvedic perspective. The following chart is an overview of the guans.

SATTVA	RAJAS	TAMAS
The cosmic force of equilibrium.	The cosmic force of activity, motion or excitability.	The cosmic force of inertia.
Normal, balanced state of a healthy mind.	Causes mind to become overactive and unstable.	Excess causes the mind to become dull and resistant to change.
subjective consciousness	waves of kinetic energy	material particles of potential energy
Spirit	Sense organs	Physical body
Ability to discriminate accurately.	Excessive mental activity weakens discrimination.	Insufficient mental activity weakens discrimination.
Comprehend well and follow their path steadily and consistently, progresses quickly.	Full of hyperactivity, twist facts to fit their preconceptions, and convince themselves that they are progressing when they are in fact merely reinforcing external dependencies.	Abundant inertia guides their being, they ignore clear evidence of the need to progress and dig in where they are in hope of remaining there.
Promoted by healthful, simple, well-digested food and healthful, simple habits.	Promoted by intense, stimulating foods and intense activities.	Promoted by stale, putrid food and dulling activities (like too much sleep).
Promoted by milk, milk products, rice, wheat, mung beans, and most fruits and vegetables (avoid if allergic).	Promoted by salt, spices, sour foods, meat, fish, garlic, onions, and most legumes.	Promoted by heavy, stale, indigestible foods and intoxicating substances.
Associated with kindness, forgiveness, truthfulness, good memory, intelligence, ingenuity, courage, share joys and sorrows with others, not perturbed by good or bad, sorrow or joy, likes or dislikes.	Associated with falsehood, cruelty, pride, boastfulness, sensuality, anger, cowardice, selfishness, afflicted with likes and dislikes too much, constant desire to be on the move.	Associated with grief, unrighteousness, ignorance, foolishness, somnolence, avoidance of mental activity and physical work.

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MESSAGES FROM THE BODY

a guide to the energetics of health

Messages from the Body: a guide to the energetics of health provides a guide to interpreting the energetic patterns of health and disease. It provides a framework for the assessment and exploration of health and disease based on energetic theories and principles taken from Naturopathic Medicine, Ayurvedic Medicine, Traditional Chinese Medicine (TCM) and Polarity Therapy. What these forms of healing all have in common is that they are based on the knowledge that the body is a logical energetic being and that all aspects are connected to each other and to their environment.

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