

Notes from the 2011 Daoyin Yangsheng Gong Seminar

What Is The Relationship Between blood And Qi?

Qi and blood are substances essential for life activities of the human body. They are separable but related through interdependence and interaction.

Qi is the commander of blood.

Blood contains nutrients derived from liquid and food by the spleen and stomach and combined with lung Qi. Blood is led by Qi to circulate through the blood vessels. The heart controlling blood circulation, the liver storing blood and the spleen regulating blood all result from the activities of the visceral Qi. Blood depends on Qi in its formation and circulation. Qi helps to produce and regulate blood and stimulate its circulation. That is why Qi is said to be the commander of blood.

Blood is the mother of qi:

"The flow of Qi brings along the flow of blood". This statement means it is the Qi that stimulates and leads blood circulation as a commander leads his army. On the other hand, Qi must rely on blood for sufficient nutrients to develop its function of promoting physiological activities of the body's organs.

Pericardium (yin) is the mother of blood

Triple Heater (yang) is the father of Qi

These two are paired

The triple heater links to all the organs and the pericardium meridian branches at Laogong to link with the Triple Heater at Guanchong (TH1) in the tip of the ring finger (a well point).

The Importance of Saliva

The most important reason for the increase in saliva when doing Qigong exercises is that the parasympathetic nerves are more excited when one is doing them. The increase of saliva in the process of Qigong exercises: helps with the function of the digestive system; Strengthens vitality; helps prevent mouth disease. After the promotion and production of saliva, one is encouraged to swallow it. This will also help maintain the health of the digestion; strengthen the vitality; nurse the five internal organs.

Properties of saliva which make it good for health

Gong Ju Zhong of the Ming dynasty gave this explanation.

When saliva goes to the heart it produces blood.

When saliva goes to the lung it produces Qi.

When saliva goes to the spleen it produces Shen (spirit).

When saliva goes to the liver it clarifies eyesight.

When saliva goes to the kidney it produces sexual essence (sperm, vaginal secretion).

According to modern medicine saliva contains:

Enzymes for digesting starch

Enzymes for digesting proteins

Antibacterial and antiviral properties

Minerals

Metabolic enzymes

Antacids

Anions – alkalis to break down meat

The Daoist philosophy says to make saliva when and where you can.

STORY OF SUN FLOWER SEEDS

There is a story about a woman who was very wealthy but was unhappy because she was very plain and had a poor complexion.

One day, when she had become very frustrated about her looks, she thought that with all her wealth she should be able to do something about it, so she sent for the best physician in the province to see if he could help her.

When he had examined her he asked if he could watch her go about her daily routine for a while before he suggested any remedy. She was rather frustrated that he did not offer anything immediately but, since he had such a high reputation, she agreed.

When he had sat with her for a little while he said that he was ready to make a suggestion. He said he had noticed that she ate sunflower seeds all the time and spat out the husks into a little pot she kept by her. He said that every evening before she went to bed she should pour hot water over the husks, let it stand for a minute, then strain and drink the liquid that resulted before she went to bed. He said he would return in a month to see how she was progressing.

The woman was not very happy with his idea, thinking there was nothing special about sunflower seed husks, but agreed to try what he had suggested.

A month later when the doctor returned the woman greeted him enthusiastically. She looked radiant as her complexion had improved greatly. She asked the doctor what was so special about the sunflower seed husks that had made such a difference to her looks. He said that it was not the husks that had made the difference but that by spitting out so many she had been robbing her body of all the benefits of her saliva which had made her skin dry and unattractive. By drinking the infusion of the saliva from the husks she was putting most of that goodness back, which had made the improvement in her complexion.

Characters Related to Saliva

活 huó live; alive; keep alive. Made up from 亻 (水)shui: water and 舌 shé: tongue.

自家水

Lao Zi's character for medicine. Made up from 自 zì oneself, 家jia home and 水 shui water. "The body is the home of water".

Points Under Tongue

The two points referred to under the tongue are found on the veins either side of the frenulum (the fold of tissue which connects the underside of the tongue to the floor of the mouth) are:

Jin jin 金津 “Golden saliva” (on the left side of your tongue) and

Yù yè 玉液 “Jade liquid”, used to mean nectar or the finest wine (on your right)

Used to treat problems with the tongue: swollen tongue; salivary gland issues; speech problems.

Why do we do some things nine times?

三, san, means 3 but also represents the three realms: Heaven; Earth; Man. So three times is everything

九 jiu = 9 = 3 × 3 sounds like

久 jiu = a long time, forever.

So to do something nine times represents doing it forever.

The Three Regulations of Qigong

调形 *Tiáo Xíng: regulation of the body*

How?

- 1) relax the body
- 2) correct posture

Why?

Softens the joints and muscles

Aids and promotes circulation of energy and blood

Connects the body and the mind in the appropriate way

调息 *Tiáo Xī: regulation of the respiration*

How?

When Tiao Xing is correct (correct posture and properly relaxed) then the breathing is optimised and can therefore function in the correct manner, allowing for greater efficiency and maximum results.

Why?

Invigorates the energy systems

Optimises the respiratory functions and nervous system

调心 *Tiáo Xīn: regulation of the heart/mind*

How?

When Tiao Xing and Tiao Xi are practiced and understood, Tiao Xin will purify the heart and mind.

Why?

The heart is the origin of life

The heart is considered as the emperor according to Chinese Medicine and governs the function of the brain (without blood the brain dies). So, healthy heart Qi produces good mental health.