

Qualifying some details of the course on 'Health, Longevity and Immortality'

(First writing, might be edited during the week to come)

LOL !! LOL !! LOL!! and some chuckling

I wrote the FBk post rather quickly, not thinking that there is a more fixed meaning of those title words in English; and that they are more 'coded' or with broader meanings within Daoist Alchemical Practice or Daoist Medicine community.

And that I would first need to describe my own approach to Daoism ... and what I am and what *I definitely am not* (but someone such as Jeffrey Yuen is); which will be one of the beginning articles on the new website.

I will begin with a few explanations, presenting them as opening ideas concerning the course at the same time:

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Now is the time for *me* to write; to share and impart knowledge.

The time for *you* to study, to apply your mind and make priorities with your time

Some will take the first hurdle of advancement into the course; others accept it is not for them !!

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First 3 stages : Health

Health implies that you are never sick. Not only that you will avoid all major sickness or minor diseases; but also, that you never suffer from any light infections, pains in the body, digestive issues, sleep problems or other such small pathologies.

You are never unwell; you learn to monitor your own health. And if you feel some sense of unwellness, you know how to adjust your diet, emotions or behaviour to return to the balance of all well-being, positive health.

One is learning about Qi, how to be continually connected with Qi upstairs & downstairs and how to have the body filled with Qi in all the 72 meridians ☺. At the end of each day one has more energy than in the beginning.

These stages are supported by the usage of changes in diet, daily lifestyle; healing porridges & Herbal Medicines.

Second 3 stages : Longevity

This infers that one is taking that state of Health, as learnt, and continuing it. One creates 'Longevity', continued constancy of the wellbeing of one's health.

This *can* mean that as one moves into older age one maintains a stable and positive state of health and mental well-being. But it *does not* imply that you age for the sake of ageing.

Daoism is a very pragmatic, existentialist philosophical approach to living and would prefer a shorter well lived life, departing when the purpose of this life's journey is complete; rather than lingering on with meaningless existence, the body medicated free from the pains and wounds of the lifetime.

One is learning about the level of 'Blood', the housing of the spirit, soul and emotions. How to resolve and clear all the previous emotional issues of this life; coming into a balance; learning how to learn from, rather than be at the effect of, your own psycho-emotional reactions in present daily life.

One becomes the master-observer-leader of one's emotionality and emotional being. Longevity, for those of body-being aged over 50, is created by having inner peace within one's soul-heart and clarity of self and even Self within spirit-mind.

These stages are supported by the usage of Essential Oils, which by their nature work upon psycho-emotional and psycho-spiritual issues. The course uses the idea of 'Life Markers', those periodic *steps* → *stages of growth* → *development* → *maturity* → *personal evolution* as the reference of where attention needs to be put.

That is, rather than *types of psycho-analysis based upon regression*; one appreciates that the inner psycho-emotional and psycho-mental dialogues are repeated patterns caught within your energy system; as a needle caught on the scratch of a (vinyl) record. These scratches, repeated through years, become the stresses of the body, narratives of the mind, wounds of the soul.

Trusting in the wisdom of the body-mind-being-spirit that there is an innate striving towards individualised development-evolution as well as the forming of an independent, integrated gestalt of that being and *appreciating* that there is only this present moment (as an experienced reality).

The medicine is to give *respect to all experiences* as pathways of learning; the healing being the *transformation* of the scratch through acknowledgement, acceptance and the support of all events as a happening of normalcy within the path of this incarnation.

Last 3 stages : Immortality

Immortality is not understood as having eternal physical or spiritual life within this or another. But rather, knowing who you are within this lifetime; *that is knowing of your purpose and having completed this.*

Your personal immortality is the resonance which emanates from the activities of your life; in both smaller and bigger ways. Knowing whom you are creates an integrity of being; integrity of being emboldens presence; presence speaks as resonance; resonance forms memories. This becomes the thread of yourself, the forming of self as an enduring 'entity' and those memories of that identified self by others.

This could be on a physical, genetic level; those generations who follow you. Many of you might already have grandchildren and you can understand the continuation of your ancestry, not only physically but also within the character, virtue, even personalities of those offsprings.

Or could be related to your work or activities within society. A business, company, activities club of which you were a part or which you had created yourself; even if you are not directly named, you are included in the continued existence of that company.

More obvious examples of this in our lifetime could be that life of Steve Jobs and his legacy of the products from Apple company. And also, others who might have had a wider impact upon society such as successful political leaders; religious and spiritual teachers; musicians; sports people.

Even those who are known for notorious reasons: leaders who committed war crimes on a humanitarian scale; or the out-going president of USA, who might well be remembered more than many of his predecessors !!

The direction within this course, in the emphasising of your own *Immortality*, will be for you to understand the different areas of life according to the '9 Palaces', that is 'The 9 Aspects to Compose a Complete Life'.

Each stage of the course will address one of the Palaces, beginning with the Palace of Health during the first year and so forth sequentially. The investigation of each Palace will be approached through three steps based around methods of Contemplation and Alchemical Techniques, in order to:

Firstly : Identify and familiarise within yourself that particular aspect of your life; understanding if is a strength which naturally supports you or a problematic area which is a challenge.

Secondly : Create psycho-energetic structures through which to optimise its fullest potential this lifetime.

Thirdly : Learn how to manifest out from those structures; that is be able to move into the creative realm and with clarity of cognition stimulate movement from Heavenly Qi into one's mental structures at the huMan Realm to Manifest within the Earthly Qi. 🌀⚡🌀⚡🌀

LOL !!! This is a bit more heavy duty!! Hahahaha!! But we will begin gently in the first three years see how you get on with being able to create and take care of your own stable Health; then having Abundance, whatever your circumstance of life; and finally, openly sharing that Prosperity with others, with thought of self. LOL !!!

On a slightly more physical level:

One is learning about the level of 'Jing', the Constitutional Energies and how to promote, cleanse and maintain these. Healing the body of sicknesses and inflictions of this lifetime; of early age; of congenital issues; of issues from the womb and then of the DNA.

These stages are supported by the usage of Gemstone Elixirs, in which minerals and trace minerals leach into the mineral water. Daily intake, of the correct minerals, nourish the deeper Constitutional Tissues to maintain their state of health stable, with minimal decay, with ageing.

Being a student of Jeffrey Yuen

Jeffrey does not take personal students and teaches according to 'Oral Teaching' through his lineage. Daoism in this form, being a pathway of becoming natural to be able to cultivate, means that those closer to him are the 'students' who are enduring in following his teachings and become as friends to whom one shares oneself.

To gain true knowledge through 'Oral Teaching' one needs to be present in the classroom to receive the teaching; specifically those of *the nature of direct transmission which will infer a deeper comprehension or a shift in ones realisation related to the material and the broader concepts being imparted.* This is often not on a verbal level, but *at the level of the spirit-mind.* Hence, my repeated travels on a monthly basis to sit in the classroom learning directly during a period of 6 plus years.

Simply expressed, either *'you get what is being taught or you do not'*; and according to the level of attention, openness and cognitive awareness with which you are present at that time. You will learn, live and *'die'* according to your possibility to understand the teachings during the class and apply this in your daily life.

There are two other basic tenets which I have understood Dr Yuen express as a foundation of his teaching:

Firstly, that the understanding and application of knowledge is subjective to oneself. One is not to believe that which is taught, but to take it as an initiating guide and reference in order to support you onto the path.

In the introduction for each subject for those topics with application of material substances – Essential Oils, Gem Stones, Classical Herbs, Shamanic or Alchemical Work – the student is advised to make their own *Materia Medica*; and for those topics with application of exercises and techniques, a diary as record,

The core of the Daoist Approach is that understanding is found through personal experience. Theories and the related facts are the medium of objective knowledge; the knowing is through personal, subjective, application.

An example that I would commonly use with my acupuncture students would be that of studying martial arts. Yep, you got it already easy to watch the teacher, practice the movements in the training room or mimic Bruce Lee. Very different when it is to do it yourself with some guy who is about to bop you on the nose 😊 Ouch !!

With a little thought, one can also readily understand that *the application of knowledge is by its very nature subjective*. The usage of a plant to heal by a Chinese doctor in China, though standard in its basic qualifying attributes, will be different in the hands of a westerner trained as a doctor of Chinese Medicine in a European country.

There is different cultural view; different interpretation of information; different environmental, seasonal and climatic situations. Patients of different ethnicity, genetics, cultural adaptations, physical constitutions, behaviours diets. That same plant is very well grown in a similar, but slightly different botanical environment or climatic zone; giving it slightly different active qualities; even if from the same area it has now been at the effect of transportation, storage and the present climatic environment.

Even with the usage of acupuncture points, their effect is different in patients from country to country. To *'ground'* or centre a patient, I must use a different point or set of points for an English person compared to a Swedish, Israeli or American. The Swede centres themselves in emotional turmoil by making distance to their emotionality; the Israeli by expressing and verbalisation.

Secondly, he advises that once one has learnt enough or is filled from his teaching. It is for one to retreat in order to *'make comprehension, so the material becomes one's own'* through one's own process of clinical or personal application.

Then proceed to a further teacher, so that one can make one's own comparisons in regards to what knowledge or system is *'true'* according to one's own usage and insights.

For myself, the teachers mind is with me; or rather, I can be present with his mind space as I study his materials and have the blessings of his illumination in its understanding; and hopefully sharing through teaching and writing. It is fully my interpretation; but the possibility of the opening to understanding is of his being.

Furthermore, all that I share as teaching or use in clinical practice, I have learnt through this Daoist Approach to Learning – I have knowing through experience. This is from my roots as a training as a Vegetarian Chef when I give advices concerning cooking; to my discussions concerning other worlds, ghosts and helping individuals into death and the next life as these are realities within which I can readily live.

The usage of Dr Yuen's material within this course

My work in Chinese Medicine is based upon the unique teachings learnt in my original education at ICOM (UK). That is, specifically, the interpretation of the Astronomical-Astrological Theories of Wu Yun Liu Qi* into the formation of a *'Constitutional Map'*; and these as a basis for making diagnosis, even prognosis and as the direction for individualised treatment.

A more simple map to direct treatment in clinical work for health is made from the year of birth; a more complete map or whole psychography from the *'Ba Zi'*, the *'Eight Characters'*, known as the Four Pillars of Destiny, those details of the Year, Month, Day and Hour of birth.

I have worked with the interpretation of these in clinical practice on a daily basis since graduation in 1991.

* 5 Movements of Heaven, 6 Activities of Earth, or commonly known as Stems & Branches.

My application of the teachings learnt from Dr Yuen are quite specific. I have taken those aspects from each modality which are most efficacious in approaching that area for which they were meant and integrated them with my many years of experience in the usage of these Constitutional Maps.

As examples, medicinally Gemstones are a rich source of minerals and trace minerals, so one uses these at the level of Jing, Constitutional Energies. Essential Oils are the concentrated extracts of a plant's nature, so will have resonance through smell and evaporation of oils upon the essence of human experience, which is the psycho-emotionality. Herbs are more physical, even in fluid form as decoction, so are used for the physical aspects of the being, 'the Qi & Blood, Fluids & Jing' of Chinese Medicine.

One can utilise each of those modalities to treat all other areas of unwellness, such Essential Oils to treat physical pathologies. However, their 'pathway of entrance' will always be through that more subtle level of aroma and volatility of oils, that is through the senses, so their action is initially at this more sensory level with a corollary reaction of the physical body.

Specifically, in this course the different modalities are used thus:

Health Stage	Classical Herbal Medicine for the usage of specific herbs (or groups) in Healing Porridges. For the healing of bodily sicknesses; the correcting of imbalances of 'Qi and Blood'.
Longevity Stage	Essential Oils as Blends to approach the whole spectrum of psycho-energetic disorders. Especially, as the stimulator-healer of life stages or life markers.
Immortality Stage	Gemstones as Elixirs to nourish Constitutional Tissues, including Hormonal Glands. As the foundation for stabilising health, the precursor for Longevity Practices.
Daoist Lifestyle	Some simple daily exercises and meditations, after having practiced thoroughly myself.
Alchemical Exercises	Few actual exercises; as most inner work is from guided meditations of my own creation.

Though clarity of spirit, greater cognitive awareness
and definitely comprehension about much of what I was already doing 😊
is to be attribute to the mind and presence of Dr Yuen, in his role as Daoist Teacher

Usage of my own Theories

During my 35 years of study, practice and teaching of Oriental Medicine, I have developed many different theories. Some which I have taught within whole courses, e.g. on Psycho-pathology; and some which I have developed in clinical practice, thus not taught as yet except to specific students.

This course will enable me to both share more of these than I have previously; as well as using them directly to support your personal process of transformation. Here is an outline of some of the more major ones:

✦ Theories related to the Psycho-pathology. I have integrated the structures of Western Clinical Psychology & Transpersonal Psychology with those found within the theories of Chinese Medicine to create an original and new approach to the viewing, diagnosis and treatment of Psycho-pathology.

I have taught this as a 16-day course, originally in 2010, though it is a little too advanced for most general practitioners Chinese Medicine. I still feel it might not yet be its time; though plan a book when I get to it.

The uniqueness is that I have structured a 'depth of severity of pathology' allocating a relevance to each of the varied treatment strategies and formulas used in CMed psycho-pathology and relate these to the symptoms and syndrome patterns found in Western Psychology.

Through this, one identifies a more clearly defined theory of the origin of cause of pathology. Thus, enabling the practitioner to both make more clearly outlined treatment strategies, as well as treatment directed more quickly and accurately at the original cause.

In particular, I have created insightful models of the early stages of human development, from birth onwards, and relate those to the states of both physical and emotional health and sickness; especially those patterns of behaviour and personality.

During the Longevity Stage, full usage will be made of these theories to support students to very quickly analyse, understand and approach the root causes of many of their more major psycho-emotional issues.

✦ Health is the true right of Human birth and life. This is maintained through successfully adaptive learning at each stage or marker of development, from physical to physiological to psycho-emotional to spiritual.

The 'Origin of Disease' is found in non or mal-adaptive learning; being the opposite of the above. And can be mapped or followed back to that step or steps, stage or stages in which adaptation was not successful.

This is not only on a psycho-emotional level, as we all recognise in the process of doing therapy and finding different parts of the soul in array or in different stages of development. But in a similar fashion within the physical realm, often noticeable in the development of the normal daily physiological functionings of the body.

Thus, the 'Healing of Disease' is achieved through returning to those steps or stages of non/mal-adaptive learning and relearning, retraining or 'making cure' of those

In essence, this is nothing original or new, as this is what one sets out to achieve in the process of a true 'Spiritual Pathway', be it through the practices of Yoga, Daoist Alchemy or (Tibetan) Buddhism. However, it is perhaps revolutionary if sickness and disease were to be seen from this perspective and their cure from this approach.

✦ Following from this, in the context of 'Daoist Existential Psychology', in which there is just the present moment, continually reawakening within itself; techniques of resolution are based upon the concept of 'the scratched record repeating itself' to perpetually re-manifest the same symptom(s) or the extension of those into more varied patterns of symptoms (syndromes).

This could be on a physical level: as a bad stomach reaction to oily fish as a small child developing into allergy to similar foods, even shellfish as an adult. Or on a psycho-emotional level: as the sadness to loss of e.g. a pet as a young child, which expresses as crying with any emotional stressing incidents as an adult.

*Hopefully, you begin to realise that to 'navigate' the currents of this course,
you will need to have quite some radical shifts in not only your philosophies of life
but also in the perceptions of your woken daily life*

Alchemical Methods

During all stages of the course, methods based upon Introspection, Contemplation and Daoist Internal Alchemy will be used as the pathways to stimulate personal inner transformation.

There will be both 'guided inner meditations' from Daoist teachings which you will learn to be able to practice at home; as well as deeper Alchemical work during the classes using the resonances of Sound and Colour to enable inner revelations towards more dynamic psycho-energetic shifts in realisation.

One remembers that sound and light are the two innate, or original, vibrations arising at the beginning of cosmic activity and are prominent within Daoist understanding of human realisation and cultivation exercises. Life arises, has momentum, development and evolution through sound and light, the latter manifesting through colour.

The real effort involved to be in the course

I expect meetings to be for 1-2 days every 6 weeks, with 6 meetings each year. The classes will involve some internal alchemical work; but most work is to be done at home. You should expect to put in these type of hours:

Health Stage :	All ages between	1-3 hours daily
Longevity Stage :	Age 40+	1-2 hour daily
	Age 50+	2-3 hour daily
	Age 60+	3-4 hour daily ; dependent therapy already completed
Immortality Stage :	Age 50+	2-3 hour daily
	Age 60+ with good health	3-4 hour daily
	with bad health	5-6 hour daily
	Age 70+ with good health	4-5 hour daily
	with bad health	5-6 hour daily

Are two tiers or two levels of teaching needed ?

Looking at the names of those of those who have shown interest in the course and even emailed me directly; I see that it might be necessary to have 'two tiers or levels of teaching'.

Those who will be on the course, proper, and actively involved in their own transformation and prepared to put in the hours of practice and make lifestyle changes.

And a second for those who would wish to listen to some new ideas, learn some new techniques and make the changes in their life which are comfortable. The 'jag ska försöka så bra jag kan' Swedes.

Specific issues to consider to be able to learn Daoist cultivation ?

Firstly, to understand this is not another New Agey course in Yoga or Well-being or Qi Gong or where you attend a few classes, receive a certificate and after 2 -3 years become a 'Master Healer or Teacher' !! LSL:FMC (Laugh So Loud. Fall of My Chair)

This is teaching of real knowledge to assist in personal change, which offers the possibility of learning exercises and lessons of cultivation which you will then be able to adopt throughout your whole life.

One will see this in the few hours of teaching, compared to the number of practice hours required by yourself. The price for the course will also reflect the level of the knowledge being imparted.

There are acupuncturists in town whom will treat you for 400:-; or you can pay 1750:- for first meeting with myself, in which I read your pulses, tell you whether you have the precursor to any serious diseases including cancer, read off the whole of your life history, including destiny and death, as well as summarise the pathway and cause of your sickness.

So, this is a real knowledge for real learning.

*But it will be dependent upon your own effort,
the result shown within your own life, or not.*

The certificate is your own well-being and healthy long-life.

Secondly, many of you have in Sweden have grown up with the 'mind of a child'. Having been nurtured in a quasi-communist-matriarchal state with your independence and individuality lost through suppressive social mores and coded rules, you have been brought up not being able to think for yourselves.

*How to take a person with such mind of a child and educate them towards the other end of that spectrum:
to be a spiritually aware being who 'rides the clouds', that is lives in a world of psycho-spiritual freedom ?*

That might be not possible for many of you; *too difficult or not interesting for myself.*

Acceptance to the course will be through application;
possibly with a following interview or consultation.

For some, the suggestions will be to complete certain changes to present life style first;
returning once these have been completed – after some weeks, months, years

And remember !!

Apply to join the course at your own peril !!

'Do you promise that I will come back ?'

'No!!

& if you do, you will not be the same'

Daoist-Doc 

'Stay Chill, Become Free'

Chang Xuan Ren 暢玄人

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