

The main news is that the ***clinic is no longer open for regular meetings with patients;***  
(but scroll down to see *'that which will be offered'*).

I feel very much that aspect of my work with Chinese Medicine has come to an end – *the treating of medical issues through regular engagement with patients*. I wish to free myself up from the needs of a regular schedule and it is imminent, as the correct circumstance present themselves, that I will move from Örebro.

**Daoist Medicine is based** upon two philosophical concepts, as I have written previously:

- **The Three Realms** of **Tian 天 Di 地 Ren 人** or **Heaven, Earth, Humanity** : the understanding of human life as an expression and outgrowth of these Cosmic – Terrestrial forces; and that health is created by being in harmony with their cycles and movements.
- **Shen 神** : understood as **Consciousness, Spirit-Mind-Heart and Cognition**. Implicit within this character, especially when read within that character for **Dao 道**, *'The Path or Way of Life for Human Existence'* is the meaning that : ***a human life gives the potential for the development of oneself as an individual → personal evolution through cognitive awareness of the self with the environment (of H & E).***

This means that the core of **Daoist practice**, and the underlying context of **Daoist Medicine**, is that:

***'one is seeking a sense of personal destiny, the pathways to enable one's personal evolution within this lifetime and to comprehend one's place in the bigger movements of existence'***.

***in whatever way*** one might comprehend those (*bigger movements of existence*), as Daoism is a non-doctrinal philosophy, in which one's *'mental constructs and world views'* create the personal philosophies through which one perceives, experiences and lives one's life`.

**The purpose of the Daoist Doctor** is to support the patient to uncover this pathway of destiny within themselves. **Firstly**, through creating and maintaining good health or moving from sickness; **secondly**, the personal investigation of oneself – personality, character, behaviours and narratives; and **thirdly**, towards individuation and spiritual evolution.

### **That which is now offered :**

- ❖ **Life Consultations.** As written above: finding and resolving those areas which have prevented development towards maximum personal health and potential ; exploring how to uncover the pathway of individual destiny; directing towards self-reliance and spiritual maturity.
- ❖ **Pathways for Personal Development,** with the idea of contact with an individual every **4, 6 or 12 months;** dependent upon their needs and stage of self-reliance.
- ❖ **Seasonal Meetings.** Traditionally, whilst still in health, patients would meet the doctor 4 times each year at *'the change of the season'* to support the shift of energies through treatment, plus advices regards to relationships, diet, behaviour etc. Those dates of seasonal change being 5/2, 6/5, 8/8, 8/11 and the meeting intended to be during the 15 days beforehand, [see Calendar](#).

In modern times, many attune their lives according to the rhythms of society & media and the patterns of their favourite habits, senses and tastes. Thus, foregoing alignment with surrounding environmental influences and the necessity or effectiveness of such treatments become lost.

In such country as Sweden, in which there are often not four clearly defined seasonal periods, the application of this theory needs to be both relevant to temperate location and to local climatic changes. Often, there are just 3, major seasonal changes: Winter → Spring-Summer → Autumn → Winter, with treatment applied accordingly.

- ❖ **Medical Consultations.** Those who have complex medical situations or diseases to which they have not found resolve through the approach of Western or other forms of medicine. This will comprise of an initial meeting for a major consultation, *with only one or two follow-up sessions.*
- ❖ **Working with Children** , especially of a younger age, with both physical disorders, but also, or especially, different types of disabilities or `diagnosis` which hinder development and learning.
- ❖ **Those aged over 80;** for meetings every 3 – 4 months; *seeing that the most important work to support their health is living within the family or community and the love, care and stimulation that gives.*
- ❖ **Dying, Death and moving into the Light.** Supporting an individual through the last stages of this incarnation. I offer a variety of activities from direct needling to support the successful release of the soul from the body through to work from a distance, through recent photos.

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**Much of this work** can be done at a distance, with either one initial meeting or through the diagnosing of one's condition through a combination of methods: a) *on-line interview* b) *reading their energies from current photos* and c) *understanding the patterns of health and sickness from the Constitutional Map, and even whole Psychography, calculated from the date of birth.*

During the last 2 years, I have been developing this approach and there are a growing number of patients already supported through this pathway. The individual is gradually aligned into the inner resonance of themselves with the idea of uncovering the bigger purpose of their life using the modalities of **Patent Herbal Medicines; Jook Medicinal Porridge; Essential Oil Blends**, and recently **Gemmotherapy;** and **Gemstone Elixirs; Directed Inner Dialogue and Contemplation**

**This also suits my own present stage of `evolution`** . If I am to work directly one to one with patients with needles using Qi through the meridian system, it means that I must be present at that level of vibration (of Qi) and work with it within my body. I have done this for many years and am now arriving into my 6<sup>th</sup> decade and into the Autumn phase of the Daoist life.

As is the activity of Autumn within nature a time for *`withdrawal, contemplation and the separation of the `chafe and the wheat` in order to hold that which is essential and cast away that which is not essential`* . It is also the time for me to come closer to myself, letting go of those activities which do not support the more subtle aspects of the development of my health – the *`refining of the Qi body into Shen or Heart-Mind, through meditation & alchemical process and to pursue those which more readily support `inner cultivation` of the senses, of study, of contemplation and the such-like.*

**It also very much frees up** my time and energy to be able to pursue other projects of study, writing, even teaching. As well as to live more in nature and with nature, with the intention of returning my bodily Qi to the robust and sturdy constitution of my Scottish ancestry 😊

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Daoist-Hermit



[Zhuang Zhou Dreams of Being a Butterfly](#)

Chang Xuan Ren 暢玄人

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