

## Helping Yourself 8-19-2010

We all have the responsibility to keep the Qi plentiful and moving through the meridians. Proper diet and nutrition, exercise, mental, emotional, and spiritual aspects all must be taken into consideration. If any one of these is not attended to, you have *stagnation*.

Proper diet and nutrition are vital to enrich the blood so that the Qi and tissues are nurtured. Exercise of course moves the Qi and Blood. No exercise, *stagnation*. Mental; we should be able to exam, in an unbiased manner, the ideas of others and freely share our ideas. If we are stuck in a particular mind set with blinders on, *stagnation*. Emotion is the way we mentally interact with life. If we run around with a chip on our shoulder all of the time, or we are sad and fearful and not resilient enough to bounce back to enthusiasm, *stagnation*. As far as spirituality is concerned I feel that is a personal matter. If one would observe the wonders of their bodies and creation and not feel in some way that there is a Divine energy, *stagnation*.

Now I would like to address exercise and emotion a little more from a TCM perspective.

Joy relates the Heart and Small Intestine

Pensiveness and worry relate to the Spleen and Stomach

Sadness and Grief relate to the Lung and Large Intestine

Fear and fright relate to the Kidney and Urinary Bladder

Anger relates to the Liver and Gall Bladder

So, if you are stuck in one or a combination of the emotions above, it could have an adverse effect upon the energy of that organ system and eventually lead to, *stagnation*, which means pain and or malfunction.

How about exercise? We are all running around like chickens with our heads chopped off. Now I am not saying that it is bad to run, bike, spin, swim, strength train, etc. These types of vigorous movements keep the Qi and Blood moving. That's a good thing. These are all very Yang activities. Yang stands for sun, hot, fast, day, work, or irritable. I would like to propose that you balance all of the Yang activity with some Yin exercises. Yin is cool, calm, night, nurturing, slow, and restful. If you do not balance your exercise with both Yin and Yang you will burn out the Yang for lack of the nurturing aspect of Yin. So add some Yin exercises like: Yoga, Tai Chi, Qi Gong, quiet sitting, meditation, or just smelling the roses. So take some nice slow walks, sit beside a lake or stream to nurture and build your energy so that when it is time to move you will be swift and strong.