

# THE CHI KUNG NEI CHIA CONNECTIONS

## Pearls of Wisdom From the 8 Branches Style of Chinese Medicine

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### Part-I: Introduction

As with many of the Chinese Arts, there is the following concept, "For every lock there is a key. There is also a master key that opens all locks". The "lock" can be seen as an "opponent" or "disease". The "key" can be viewed as a self-defense technique or treatment/cure for illness and pain. One of the most important lessons I ever learned was that one can "ward off" the most powerful and cunning enemy known as disease. It took awhile to absorb this concept. Then it dawned on me that the interconnection between the enemy/adversary of the Tai Chi Chuan-Nei Chia teachings was exactly the same or at least very similar to the 6 Evil Chi and various patterns of disharmony that can attack the body/mind as mentioned in the Chinese Medicine Classics.

Taoist Style Acupuncture enlivens some of the rarely taught and little understood applications of the Internal Martial Arts-Chi Kung connections to Chinese Medicine. The 8 Branches Style Acupuncture based on the Nei Chia Connection encourages one to treat the healthy areas of the body and in general leave the diseased, painful areas alone to avoid adding insult to injury and instead simply to heal. As such, local points are rarely used, distal treatment being the preferred method. When using yin-yang principles applied to Chinese Herbal Medicine to bring down a fever for example, in general use cooling herbs to treat the opposite,

which in this instance is a hot condition. Just follow this concept through and now apply the yin-yang treatment principle to acupuncture. When there is pain/disease in the body, treat the opposite aspect, the healthy zones and their related meridians. A more in depth understanding of these treatment principles involves the basics of push hands/joint hands applications from the Nei Chia connections to be covered in a future article.

Tai Chi Chuan, one of the most famous arts of Chinese Taoist culture, is derived in part from the Philosophy-Cosmology of the Tao, Yin-Yang, I Ching/Ba Gua and 5 Elements principles. This ancient art is famous for promoting chi, longevity and health, preventing and curing disease, self-defense and moving meditation-spiritual enlightenment. The Tai Chi Chuan System is perhaps one of the best and most accessible reflections of the Nei Chia-Chi Kung Connection to Chinese Medicine.

With further knowledge of the Tai Chi Chuan Classics which integrates the principles of the Tai Chi Tu, Ba Gua and chi flow etc., one could also know which meridians, points, and polarity aspects of the body... (front-back, top-bottom, left-right, diagonal, etc.) would be most effective to treat and the best time of day for treatment.

Perhaps not so obvious, but still a very effective yin-yang treatment strategy based on the 5 Bows is the following: You can treat most conditions in the spine at its opposite end. A simple example would be if there is pain at the top around C-2, then treat the bottom at the L-4 area. Just count up or down the number of the effected vertebrae and treat the corresponding point at the opposite end of the spinal column. This is yet another expression of the 5 Bows top-bottom relationship of 8 Branches Style Taoist Acupuncture.

In closing, I would like to leave you with a few of the keys that I have discovered over the years to help unlock

more "Pearls of Wisdom" from Chinese Medicine!

Some of the ancient Taoist sages were especially fond of natural quartz crystals used as a tool through which to observe the multifaceted-multidimensional aspects of reality. Quartz crystals in their natural state usually have 7 facets, each facet providing a totally different view of reality. Simply change the facet that you are looking through and you will see a different reality.

In a similar light, when we view Chinese Medicine as though it were in the form of a belt, with a little imagination, the following pictures can be painted:

1) A "linear belt" reflects Traditional Chinese Medicine founded during the 1960's Cultural Revolution in Mainland China. This is a local field theory.

2) A "circular belt" reflects a rotating 3-dimensional spherical image of the Tai Chi Tu-I Ching/Ba Gua Medicine. This is a global-unified field theory.

3) A "spiraling figure 8 loop" reflects the multidimensional, multifaceted, expanding-contracting and double helix nature of both of the above, in combination with the Nei Chia-Chi Kung connection to 8 Branches Taoist Style Chinese Medicine. This is a universal field theory of the Tao.

I would like to give special thanks to all my teachers, friends, students, patients and the Great Tao for giving me the inspiration and imagination to put this into writing, in particular Taoist Grand Master Share K. Lew who has always encouraged his students to help others and to openly share knowledge.