

Ancient
Wisdom for
Modern
Wellness

HARMONY

Compassionate Care — An Emerging Medical Paradigm

AN INTERVIEW WITH DR. STEVEN K.H. AUNG

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“When there
is no feeling,
there is
no medicine;
when there is
no medicine,
then there's
no healing.”

— Dr. Steven K.H. Aung

IT'S A NATURAL CYCLE: One thing gives way; another emerges. The form of medicine that has served us in the West is now on the cusp of a dramatic change. Time has moved on and health-care needs have changed. The spectacular advances in technology that have shown us so much about the human form have come full circle. We are now in need of ways to understand and heal what ails the human spirit. Eastern medicines have for millennia understood the role of mind, emotions and spirit in the healing process; it's natural we turn to them for their insight and guidance.

What will this new medicine look like? What will it be like? Many of us have seen something of its shape already—emerging in the forms of natural and traditional medicines and spiritual wisdom that have poured into the West in the last several decades. Exactly how these forms will merge with and impact the current practice of Western medicine is still an open question. Times of transition always have a degree of uncertainty about them, yet there are always clear voices that show us the way—if we listen.

Recently, *Harmony* spoke with Dr. Steven K.H. Aung, a geriatric and family physician and a traditional Chinese medicine (TCM) practitioner. Dr. Aung's lifelong work has been to change the way medicine is practiced in Canada. He has continually promoted the integration of TCM and Western biomedicine in the spirit of creating a natural and compassionate approach to health care. At the University of Alberta, Dr. Aung is an associate clinical professor in the departments of Medicine and Family Medicine, and an adjunct professor in the faculties of Extension and Rehabilitation Medicine. He is a founding member and current president of the World Natural Medicine Foundation as well as an advisor on acupuncture to the World Health Organization. Dr. Aung has received numerous professional awards, including the Physician of the Century Award in 2005 and the Order of Canada, that country's highest civilian honor, in 2006.

Harmony: The subject of your keynote address at the 2007 *Building Bridges* conference is “Integrative Compassionate Care in the 21st Century and Beyond.” What is the essence of compassionate care in your view?

SA: Healing can only take place between people who respect and love each other. When there is no feeling, there is no medicine; when there is no medicine, then there's no healing. So that's a very important thing for medicine to take place. The interesting thing about medicine is not only the treatment, but also the intention of treatment. In

the intention of treatment, the person who treats should not be just a therapist, but also a healer.

And in order to become a healer, one has to cultivate himself or herself to be, what we call in spiritual terms, purified, and at the same time treat with good intentions and loving-kindness.

Harmony: Is the heart the factor that makes loving-kindness so powerful? Does it stimulate something in the healer and also in the patient?

SA: The heart is so important. The heart makes everything move. When you treat a patient wholeheartedly the healing really gets started. You do it with internal spirit. If you just treat a patient as a responsibility, things will turn out good, but the healing will not start completely. So we need to have passion while doing this. That's why it's called “compassionate care”—passion comes together with medicine to create healing.

You see, we have to treat patients like our own teachers or even our own parents. When you become a practitioner, the best teacher is your patient, who comes and teaches you every day until you understand it. The most difficult patient is the best teacher! So in order to make the healing process happen, the practitioner should give respect, loving-kindness, and treat the patient as his or her own teacher. In

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THE NEWSLETTER OF THE



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WE ARE EACH AN INDIVIDUAL, YET WE ARE BORN INTO A GROUP OF PEOPLE—both an immediate family and the greater human family. We experience this world through the point of an “I,” yet the deepest insight of the East tells us this “I” doesn’t really exist; it’s transitory, like a leaf falling from a tree in autumn. This wisdom beckons us to consider that we are all really part of one magnificent whole. That’s the Yin and Yang of it. The theme of our **Building Bridges of Integration for TCM** conference this year is *Individuals in Balance; Families in Harmony*. It seems something of a reflexive concept: balanced individuals make harmonious families; families living in harmony create balanced, healthy people. The understanding we gain from Eastern medicines shows us that there are any number of ways to approach an issue. It also inspires us to realize that the most profound way draws on the ever-sustaining energy of the Universal. Like ripples emerging from a pebble plunged anywhere in a pool of water, positive effort to heal individuals and families spreads outward to our human family. This October, as healers East and West unite to share their knowledge, experience, skill, and heart, may the fruits of their teaching and learning radiate to create a harmonious world for us . . . and for those to come.

ABCs of TCM: Acupuncture

Just how long acupuncture has been practiced no one can really say. Ancient bone and stone “needles,” thought to be thousands of years old, have been found in excavation sites in China. What is known is that therapy with the technique of acupuncture has been helping people heal for ages. It’s impossible to define acupuncture without linking it to the concept of Qi, or life energy. Everything in the universe is comprised of energy. In the body, Qi flows through invisible energy pathways called “meridians.” It activates, warms and nourishes the body. Acupuncture needles—today, made of stainless steel—are used to relieve energy blockages at key acupoints along the meridians to help Qi flow smoothly. An organ’s function can also be readjusted by acupuncture to restore balance and harmony among the organs.

Sometimes you hear people say that acupuncture hasn’t worked for them. The truth of the matter is, some conditions respond well to acupuncture and some don’t. Also, effective treatment is dependent to a great degree on the practitioner’s skill and whether his or her energy can match that of the person seeking treatment. Pain, for instance, can come from an external cause, such as a sports injury, or from an internal condition, such as a Qi deficiency or stagnation of Qi, which can show up in symptoms like a migraine or back pain. Generally speaking, external conditions are easier to treat. Internal conditions tend to be more complex and require a deeper knowledge to determine their root cause in order to fully resolve the health issue. Is the key factor in acupuncture the needle, the acupoint, or the level of the practitioner? Authentic acupuncture requires deep insight into what has caused the health problem and exactly which organs have been affected. The needle is simply a vehicle between the practitioner’s Qi and the patient’s Qi. Bottom line, it is the understanding, skill and energy level of the acupuncturist that make acupuncture work, and not the needles or the selection of certain acupoints.



Traditional Chinese Medicine World Foundation, a nonprofit, 501(c)3

organization, is dedicated to building bridges of understanding between East and West in the areas of TCM, natural healing, and Qigong and other internal martial arts. Our mission is to serve as the source for authentic information on health and healing with TCM for the general public and practitioners. We are a resource where all individuals can learn about TCM (including acupuncture, acupressure, herbal therapy, and internal martial arts such as Qigong and Taiji) as well as the body’s natural healing ability. And we seek to help people develop the skills to apply this knowledge in everyday life for prevention, healing and spiritual balance.

Help Us Spread the Word about TCM

Traditional Chinese Medicine World Foundation relies on the generous support of individuals and organizations to further its mission of educating individuals and health-care professionals about TCM and self-healing modalities. We invite you to support this important work with a tax-deductible donation. Every dollar you donate goes directly toward supporting the Foundation’s ongoing operations and programs.

You can mail a check, payable to Traditional Chinese Medicine World Foundation now. Mail your donation to TCM World Foundation, 396 Broadway, Suite 501, New York, NY 10013. Or, you may make a donation using your Visa or MasterCard by calling 212.274.1079. Your donation is fully tax-deductible. All donors will receive an acknowledgement letter for tax purposes. **Your support is deeply appreciated.**

Practitioners – Want *Harmony* in Your Office?

If you’re a health-care practitioner and would like to put some *Harmony* in your office, we invite you to share the empowering self-healing information in our newsletter.

Send a \$10.00 check or money order (please do not send cash) for 10 copies plus \$3.50 S&H to TCM World Foundation, 396 Broadway, Suite 501, New York, NY 10013. Attention: *Harmony*.

Minimum order is 10 copies. Additional orders are available in 10-copy increments.

Please specify the number of copies, which edition, and the mailing address where copies should be sent. We thank you for helping us spread the word about TCM!

Women, Emotions and Wellness

Harmony Talks with Dr. Hong Jin



In this day and age, most women wear many hats—spouse, parent, caregiver to parents, working professional and community volunteer. Women are

the hub in the busy wheel of modern family life. Not only do they have to manage their own schedule and health issues, they also process and balance the energy of all their family members. This is why women have such unique health needs and why their health issues can be more complicated. A key factor in this equation is their emotional life. Traditional Chinese medicine (TCM) teaches us that body, mind, emotions and spirit are connected. Each plays a distinct role in the health of every individual. It's especially important for women to understand exactly how emotions affect their well-being. Dr. Hong Jin, a TCM practitioner with more than twenty years of experience treating women's health issues, recently gave *Harmony* some insight on the subject.

Harmony: What should women know about their emotions and health?

HJ: In my practice, I see several emotions that greatly affect women's health. One is resentment, especially with regard to relationship issues—a husband/wife relationship or a relationship with parents. Let me give you an example: A woman who is the major breadwinner of the family . . . she expects her husband to do certain things like clean the house, take care of the children and cook. But her husband may not do things as she would, and she does not want to show her anger. She holds it inside, and then it becomes resentment. I see women doing that in the workplace also—holding anger inside. If we're talking about Yin and Yang, resentment is the Yin aspect of anger. Anger is like an explosion; resentment is when things boil inside—you do not want to say anything

until it's too much. This causes Liver Qi stagnation.

In TCM, anger is associated with the Liver—that's its corresponding emotion. The Liver is in charge of the free flow of Qi, or energy, in the body. "Liver Qi" means Liver function, and it's responsible not only for the smooth flow of Qi in the entire body, but the smooth function and relationships between all the organs. So you can see what kind of impact Liver dysfunction can have on a woman's health.

The Liver is the major organ for women because we menstruate. The Liver stores blood and decides how much blood goes where, according to our body's needs. For instance, when we study, more blood goes to the brain; when we exercise, more blood goes to the muscles; before a woman's period, the Liver sends more blood to the uterus. When women have chronic resentment, you see Liver Qi stagnation. And this causes PMS symptoms such as headaches, breast tenderness, painful periods, mood swings—all of those kinds of conditions.

When Liver Qi is stagnant, it can also cause blood stagnation, and that's why a woman will have painful periods with dark red blood, sometimes with blood clots. In Western medicine, the illnesses that correspond with this internal condition are endometriosis and uterine fibroids. So resentment, or anger, is one of the emotions women have that can be problematic healthwise. It's trying to be nice—we try to be feminine and soft and not show anger, but if inside we're not happy with anyone or anything, it creates resentment. This kind of emotional stress directly affects a woman's physical condition.

Harmony: What other emotion has a negative impact on women's wellness?

HJ: I also see women who are very good wives and mothers who worry about everything. They worry about their husbands

and their kids; they worry about the world. These women carry so much on their shoulders! It's interesting, the other day I drove by a church with a sign outside. It said, "Worry is a dark place in which the negative can develop."

Harmony: That's so true!

HJ: It is true. In TCM, worry is related to the Spleen and Stomach organ system—the Earth element. People who worry a lot tend to have digestive symptoms; they worry so much, their stomach becomes tight, like a knot. This can cause a Spleen Qi dysfunction.

Women who worry a lot often don't feel like eating. Some women who worry too much cannot digest or process food very well and tend to put on weight. According to TCM, a Spleen Qi dysfunction leads to internal damp/phlegm production, and overweight is a sign of accumulation of excess phlegm. Instead of producing nutrients for the body, this condition produces "junk" in the body, which is excess phlegm/damp retention.

In the long run, a woman who worries chronically may not sleep very well. And then because her digestive system is not working right, she doesn't produce enough Qi and blood from the nutrients she does eat. She may feel fatigue. The Spleen and Stomach—especially the Spleen—are in charge of producing Qi and blood to nourish the body, particularly the muscles. In TCM, the Spleen is related to the muscles. So besides poor

CONTINUED ON PAGE 6

Hong Jin, M.D., D.A.O.M., L.Ac., received her medical degree from Nanjing University of TCM in 1985. After graduating, she taught acupuncture and Chinese medicine at Nanjing International Training Center, World Health Collaboration Center on Traditional Medicine. Dr. Jin currently is chair of Oriental Medicine at Oregon College of Oriental Medicine (OCOM) in Portland, Oregon, and teaches acupuncture both in the classroom and at the OCOM Acupuncture and Herbal Clinic. Serving on the Advisory Committee of the Acupuncture Practitioner Research Education Enhancement grant funded by the NIH, she has been a co-investigator for several NIH-funded grants. Dr. Jin also maintains a private practice in Portland.

Dr. Hong Jin will be a featured speaker among a select group of insightful and inspiring presenters at the 2007 *Building Bridges of Integration for TCM* conference. *Building Bridges* is a premier conference designed for Eastern and Western health-care professionals as well as anyone interested in learning first-hand about cutting-edge integrative medicine. Join us at the beautiful Westfields Marriott in Chantilly, Virginia, from October 18–21, 2007. For details and registration, visit www.tcmconference.org or call 1.888.TCM.6909.

To read the full-length version of this interview, visit www.tcmworld.org and click on "Publications" and this issue of *Harmony*.

Fall

The Metal Element



The internal organs are much more than physical structures in the TCM view. They are complex systems also involving aspects of the mind, emotions and spirit. Not only does each organ have a physiological function, it has functions at the invisible level of vital energy, or Qi.

Each organ is uniquely related to a body tissue, a sense organ, emotion, taste, sound, climate, and a direction, among a seemingly endless range of correspondences. These associated qualities are organized in the Theory of Five Elements. Functioning as a template systematizing all phenomena into five Universal patterns, this ancient system is integral to TCM theory and provides TCM practitioners with a framework to understand, diagnose and treat health problems.

Predominant in fall, the Lung and the Large Intestine are the organs related to the Metal element. Each day, the Lung is at its peak between the hours of 3:00 and 5:00 a.m., and the Large Intestine reaches its peak function between 5:00 and 7:00 a.m. The Lung performs many energy functions vital to your health and well-being.

Controlling Your Body's Qi

The Lung controls Qi throughout your entire body. This function has two aspects. First, the Lung governs the formation of Qi. Food essence is sent up to the Lung from the Spleen, the Lung's "mother," or energy-generating organ. Once in the Lung, this essence combines with inhaled air to form *zong* Qi, which then becomes the basis for other types of Qi. The second aspect of the Lung's control of Qi is the distribution of several types of Qi in the body.

Forming a Defensive Zone

Did you know that your body has an energy defensive zone? The Lung sends *wei*, or defensive, Qi to the area between your skin and the muscles to warm and protect your body's surface. For this reason, the skin and body hair have an energy relationship with the Lung. External climatic factors such as cold, wind and heat can invade the body through the skin. If your Lung organ system is weak, this defensive function can become impaired, leaving you vulnerable to colds and flu.

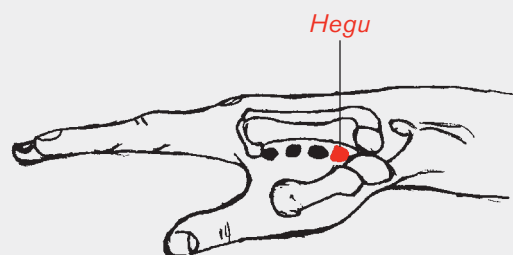
TCM HEALTH TIP

HEALING GATES

There are special acupoints in your body that promote harmonious communication between your organs. These points can be likened to a junction where several major highways intersect—they allow a maximum amount of Qi to flow through them. These acupoints, or "healing gates," as they are sometimes called, convey many health benefits.

POINT HEGU (LI 4)

Meaning "Union Valley" in Chinese, point *Hegu* is located where the bones of the thumb and index finger meet—at the base of the index finger bone where it forms a "V" with the thumb bone. This acupoint is helpful to stimulate the Qi of the Large Intestine and the Lung as well as the Stomach, promoting harmonious function between them. Massage this point and then continue to gently massage the entire index finger bone, moving toward the first knuckle.



Supplying Nutrition to Your Body

The Lung also disperses *ying* Qi, called "nutritive" Qi. This kind of Qi, which flows in the blood and meridians, nourishes your internal organs and tissues—and your entire body. One task the Lung performs is sending body fluids to the skin to moisten and nourish it. Therefore, the quality of your skin is a reflection of the Lung's condition. Deficient or weak Lung Qi can result in rough, dry or itchy skin. Wrinkles and other signs of aging are also related to the quality of Lung Qi—that's where smoking comes in.

Regulating the Movement of Qi

Proper Lung function ensures the correct movement of Qi in your body in terms of ascending and descending, entering and exiting. When the various types of Qi do not move according to their natural tendencies, health difficulties can result. For example, it's natural for your Lung Qi to descend. If this movement is impaired in some way, symptoms such as asthma, a stuffy sensation in the chest and coughing can arise.

Ensuring Water Metabolism

Proper water metabolism is dependent upon healthy Lung function. It directs water downward to be eliminated. If the water does not descend, then edema and excess phlegm can result. The Lung also has a close energy relationship with the Large Intestine, its partner organ. So if Lung function is poor, constipation or diarrhea can be a related problem.

Controlling Blood Circulation

Another important Lung function is blood circulation. The Heart controls the blood vessels, but the Lung creates the energy to push the blood through them. If your Lung Qi is deficient, your circulation will be poor, and you may have cold hands or feet—there is simply not enough Qi to propel the blood to the extremities. Other symptoms that can indicate insufficient Lung Qi include fatigue, shortness of breath, a cough, and spontaneous sweating—if there is not enough Lung Qi, the Lung cannot regulate the opening and closing of the pores.

Opening into the Nose

The nose is called the "opening" of the Lung in TCM. When the nose is open and your sense of smell is intact, your Lung Qi is most likely balanced. But when that stuffy feeling arrives and your ability to smell is temporarily gone, it usually indicates that your Lung Qi is weak or this organ has been invaded by an external pathogenic factor such as cold. If the Lung has too much heat, the nose may even bleed.

Governing the Larynx

The Lung is the only internal organ in direct contact with the exterior world. Have you ever become hoarse or lost your voice with a cold? This is because the Lung meridians run through the throat, where the larynx (the voice box) is located. A problem with the Lung can result in a hoarse or weak voice, or loss of voice altogether. ○



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- Society for Acupuncture Research
- Human Resources Development Institute, Inc.
- *Alternative Therapies in Health and Medicine*

Whether you belong to a nuclear family, an extended family, a blended family or define your "family" broadly in terms of the energetic relationships you share with those in your life, including patients, Building Bridges of Integration for Traditional Chinese Medicine 2007 offers a unique educational forum where you can gain new insights about health and healing. This year we focus on how practitioners can help individuals in particular, and families in general, become their healthiest.

Our goal is to provide an intimate, thought-provoking experience that will refresh you personally and stimulate you professionally.

TRANSFORMATION

Meet Our Faculty

Keynote



Steven K.H. Aung, MD, FAAP, OMD, PhD

Integrative Compassionate Medicine for the 21st Century and Beyond

A family and geriatric physician, Dr. Aung's lifelong work has been to change how medicine is practiced in Canada. In recognition of his efforts, he has been awarded the 2006 Order of Canada, the country's highest civilian honor. Dr. Aung's passion is to promote the integration of traditional Chinese medicine and Western biomedicine to create a natural and compassionate approach to health care.

Preconference Programs



Christine Page, MD

Listening to the Wisdom of the Body

Featuring



Nan Lu, OMD

The Sun is Your Father; the Moon is Your Mother; the Earth is Your Home



Her Holiness Sai Maa Lakshmi Devi

Using Spiritual Wisdom to Understand and Heal Disease and Illness



Joseph Acquah, LAc, OMD, MS



Kevin Chen, PhD, MPH



Suzanne Clegg, LAc, RD



Stephen Cowan, MD, FAAP



Thea Elijah, MAC



David L. Felten, MD, PhD



Hong Jin, MD, DAOM, LAc



Irma Jenne



Efrem Korngold, OMD, LAc



Xiu-Min Li, MD



Prof. Guohui Liu, MS, LAc



Tianjun Liu, MD



Maoshing Ni, PhD, DOM, LAc, ABAAHP



Brother Bernard Seif, SMC, EdD, DNM



Mary T. Sise, LCSW, TFTdx



Agenda

THURSDAY

5:00-9:00 p.m. Registration

9:00 a.m.-12:00 p.m.

Christine Page, MD

Listening to the Wisdom of the Body

1:00-4:00 p.m.

Nan Lu, OMD

The Sun is Your Father; the Moon is Your Mother; the Earth is Your Home

7:00-10:00 p.m.

H.H. Sai Maa, Dr. Page, Dr. Lu

Using Spiritual Wisdom to Understand and Heal Disease and Illness

10:00 p.m. Chill-Out Qigong

FRIDAY

MORNING SELF-HEALING PRACTICES

7:15-8:15 a.m.

Taiji - Joseph Acquah

Wu Ming Qigong - Irma Jenne

8:00-9:00 a.m. Complimentary Breakfast

8:45-10:30 a.m. Opening Keynote

Ellen Schaplowsky, Welcome

Steven K.H. Aung, MD, FAAP, OMD, PhD

Integrative Compassionate Medicine for the 21st Century and Beyond

10:30-11:00 a.m. Coffee Break

11:00 a.m.-12:30 p.m. Panel-

Women, Health and Culture

Moderator: Nan Lu, OMD

Hong Jin, MD, DAOM, LAc

TCM, Women and Emotions: Foundations for Individual and Societal Health

Thea Elijah, MAC

Finding a Sense of Belonging: Practicing Chinese Medicine in America Today

12:30-3:00 p.m. Lunch -On your Own

12:45-2:45 p.m. Conversations with ...

2:00-2:30 p.m. Meditation

2:00-2:30 p.m. Afternoon Qigong

3:00-5:00 p.m. Workshops

Hong Jin, MD, DAOM, LAc

TCM and Infertility: Physiology and Psyche

Professor Guohui Liu, MS, LAc

The Treatment of Impotence and Sterility with Chinese Herbs and Acupuncture

Maoshing Ni, PhD, DOM, LAc, ABAAHP

Renewal of Individual, Family and Humanity

Efrem Korngold, OMD

The Chinese Medicine and Illness in Early

6:00-7:30 p.m. Dinner

7:30-9:30 p.m.

Christine Page, MD

Living in a Hologram

9:30-10:30 p.m. Qigong

SATURDAY

MORNING SELF-HEALING PRACTICES

7:15-8:15 a.m.

Taiji - Joseph Acquah

Wu Ming Qigong - Irma Jenne

8:00-9:00 a.m. Continental Breakfast

9:00-10:00 a.m. Morning Qigong

Nan Lu, OMD

Five-Element Constellations: Ancient Wisdom for Personal Healing

10:00-10:30 a.m. Taiji

10:30 a.m.-12:30 p.m. Lunch

Efrem Korngold, OMD

Stephen Cowan, MD

Five Phases of Development: Embryology and the

Medical Qigong

Moderator: David Felten

Steven K.H. Aung, MD, FAAP, OMD, PhD

The Vital Importance of Qigong: Self-Cultivation, Self-Healing, and the

Medical Qigong

Moderator: David Felten

Steven K.H. Aung, MD, FAAP, OMD, PhD

The Vital Importance of Qigong: Self-Cultivation, Self-Healing, and the

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Steven K.H. Aung, MD, FAAP, OMD, PhD

The Vital Importance of Qigong: Self-Cultivation, Self-Healing, and the

Medical Qigong

Moderator: David Felten

12:30-3:00 p.m. Yogi Berra

12:30-2:00 p.m. Continental Networking Lunch

12:45-2:45 p.m. Conversations with ...

2:00-2:30 p.m. Meditation

2:00-2:30 p.m. Qigong

3:00-5:00 p.m. Continental Workshops

Round Table Discussion

Panelists: Xiu-Min Li, MD

Kevin Chen, PhD, MPH

From Bench to Bedside: Closing the Gap between Science and Clinical Practice

Steven K.H. Aung, MD, FAAP, OMD, PhD

Arts in Medicine: The Power of the Brush

Through the Brush

Steven K.H. Aung, MD, FAAP, OMD, PhD

Arts in Medicine: The Power of the Brush

Through the Brush

David Felten, MD, PhD

Heart and Soul: Integrating Traditional Chinese Medicine as the Primary

Cardiovascular Disease

MD, LAC
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HEALING PRACTICES

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Keynote

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Coffee Break

p.m. Panels

MD, LAC;
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MD, FAAFP, OMD, PhD
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MD, FAAP, OMD, PhD
**Expressing Healing
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sease and Cancer**

Thea Elijah, MAC
Transforming Anger

Tianjun Liu, MD
**Standing Form Qigong and the
Immune System**

6:00-7:30 p.m. Dinner - On your Own

7:30-9:30 p.m. Saturday Night Panel
Moderator: Nan Lu, OMD
Hong Jin, MD, DAOM, LAC;
Steven Cowan, MD, FAAP;
Efrem Korngold, OMD, LAC

**The Prism of Healing: Many Ways
up the Mountain - Interactive
Case Studies**

9:30-10:30 p.m. Qidancing

SUNDAY

MORNING SELF-HEALING PRACTICES

7:15-8:15 a.m.
Taiji - Joseph Acquah

Wu Ming Qigong - Irma Jenne

**8:00-8:30 a.m. Complimentary
Coffee Break**

8:30-10:30 a.m. Intensives
Stephen Cowan, MD, FAAP

**The Five Phases of Attention
Deficit Disorder**

Thea Elijah, MAC
**Part I: Medicine Without Form:
Healer as Medicine**

Nan Lu, OMD
**Using TCM as Urgent Care for
Common Family Health Emergencies**

10:30-11:00 a.m. Break

11:00 a.m.-1:00 p.m.
**Complimentary Brunch
Building Bridges Awards**

1:15-3:15 p.m. Afternoon Workshops
Suzanne Clegg, LAC, RD
**Adding Sound Healing to Your
Health Profession**

Thea Elijah, MAC
**Part II: Medicine Without Form:
Healer as Medicine**

Mary T. Sise, LCSW, TFTdx
**When Talking and Trying Aren't
Enough: Energy Psychology
for Self-Defeating Thoughts
and Behaviors**

1:00-4:30 p.m.
**Advanced Training Workshop with
H.H. Sai Maa**

**Spiritual Healing: Tools and
Techniques to Understand and
Practice the Highest Form of Healing**

This advanced training is for anyone who wants to achieve his or her highest healing potential. Sai Maa, a global healer and humanitarian, speaks to audiences across the world to help them understand their connection to Divine Light and the nature of their true selves.

Registration Information

Conference Site

Westfields Marriott Washington Dulles Hotel
14750 Conference Center Drive
Chantilly, Virginia 20151 USA
Phone: 703-818-0300, Toll-free: 1-800-635-5666

Location

The Westfields Marriott (<http://marriott.com/hotels/travel/iadwf-westfields-marriott-washington-dulles>) combines sophisticated conference facilities, elegant accommodations, and exciting resort activities. Washington Dulles International Airport is within seven miles and the hotel is 30 minutes from downtown Washington, D.C. Make travel arrangements through Austin Travel, Library Plaza, SUNY at Stony Brook, Stony Brook, NY 11794-3396. Phone: 631-632-7799. Mention **Building Bridges for TCM Conference**.

Lodging

\$139 plus tax per night (double or single occupancy). Reservations: Call 1-800-635-5666 or 1-703-818-0300 and mention **Building Bridges for TCM Conference**. The hotel was designed to be fully accessible to the disabled.

Networking at Mealtime

Complimentary continental breakfast will be served on Friday and Saturday. Be sure to register for our complimentary networking luncheon on Saturday, and Sunday brunch.

Online Registration:

Register online at www.tcmconference.org. Use our secure registration form to pay with Visa or MasterCard. Online registration is available until midnight (EDT) on October 12, 2007.

Affiliate Partners

Acupuncture Association of Missouri
Acupuncture Society of New York
Acupuncture Society of Virginia
Acupuncture Society of Washington, D.C.
American Academy of Medical Acupuncture
American Herbal Products Association
American Holistic Health Association
American Holistic Nurses' Association
American Organization of
Bodywork Therapies of Asia
American Qigong Association
Association for Comprehensive
Energy Psychology
California State Oriental Medical Association
East West Academy of Healing Arts
Florida State Oriental Medical Association
Holistic Pediatric Association

Ground Transportation

The Marriott runs a free shuttle service to and from Dulles International Airport.

Student Rate

Students may register for all three days of the conference for \$250. This rate is in effect until October 1, 2007. After this date, students pay standard registration rates. Valid student ID required for discounted rate.

Cancellation and Refund Policy

We will refund 50 percent of fees paid by registrants who submit written requests before October 1, 2007. Late requests will not be honored. Refunds will be processed after November 9, 2007. No refunds will be given if you register but are unable to attend.

Mail, Phone or Fax Registration

Building Bridges of Integration for TCM
TCM World Foundation
396 Broadway, Suite 501
New York, NY 10013
Phone: 1-888-TCM-6909 • Fax: 212-274-9879

Registration Policy for Foreign Attendees

Letters of invitation will be extended only to those who are registered to attend all three days of the conference and have paid the applicable registration fee. No refunds will be extended under any circumstances once registration has been paid. To request a letter of invitation, please write to:

Letter of Invitation Requests

Building Bridges of Integration for TCM
See above address

International Society for the Study of
Subtle Energies and Energy Medicine
Maryland Acupuncture Society
Message Company
National Association of Nurse Practitioners
in Women's Health
National Institute of Whole Health
New Jersey Association for Acupuncture
and Oriental Medicine
North Carolina Association of Acupuncture
and Oriental Medicine
Partnership for Community Health
Tai Sophia Institute
Traditional Chinese Medicine
Association & Alumni

*Members of Supporter and Affiliate Partner organizations qualify for a 20 percent discount off all registration rates.

About Traditional Chinese Medicine World Foundation

Building Bridges of Integration for Traditional Chinese Medicine 2007 is presented by Traditional Chinese Medicine World Foundation, a 501(c) 3 not-for-profit organization founded in 1995. The Foundation's goal is to serve as a source for authentic information on Taoist healing and traditional Chinese medicine through educational programs, publications, and research.

Programs include: **The Breast Cancer Prevention Project; the Dragon's Way® Stress Management and Weight Loss Program; Finding Freedom Healing Retreats; Menopause Naturally; Taiji for Health - Beyond the Martial Arts; and Qidancing.**

www.tcmconference.org • www.tcmworld.org • www.breastcancer.com

Registration

Individual Student

Attending

Thursday, 10/18 Friday 10/19 Saturday, 10/20 Sunday 10/21

Register for Three-Day Standard Registration and attend TWO preconference events for the price of one! (\$100)

Registering for:

- Preconference with Christine Page (Add \$100) \$ _____
- Preconference with Nan Lu (Add \$100) \$ _____
- Two preconference workshops with 3-day Standard Registration (Add \$100) \$ _____
- Preconference Evening Dialogue with H.H. Sai Maa, Dr. Page, and Dr. Lu. Open to the public. Registration required. Conference and non-conference attendees. (Add \$30) \$ _____
- Sunday Workshop with H.H. Sai Maa 3-day conference attendees (Add \$75) Open to the public. Registration required. Non-conference attendees (Add \$144) \$ _____
- Registering for CMEs (Add \$50) NO \$ _____
- Registering for CEUs (No fee) YES NO

COMPLIMENTARY EVENTS (Registration Required!)

- 10/19, Friday, Continental Breakfast YES
- 10/20, Saturday, Continental Breakfast YES
- 10/20, Saturday, Networking Luncheon YES
- 10/21, Sunday, Brunch - *Building Bridges* Awards YES

MasterCard Visa Check/Money Order Enclosed

Total Amount Due: \$ _____

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*Members of our Supporter and Affiliate Partner organizations qualify for a 20 percent discount off all conference rates. Check www.tcmconference.org for list.

Continuing Medical Education Credits (CMEs)

We are pleased to offer CMEs for medical doctors, psychiatrists, and doctors of osteopathy through the University at Buffalo School of Medicine and Biomedical Sciences, NY.

This program has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for CME (ACCME) through joint sponsorship with the University at Buffalo School of Medicine and Biomedical Sciences and Traditional Chinese Medicine World Foundation. The University at Buffalo School of Medicine and Biomedical Sciences is accredited by the ACCME to sponsor Continuing Medical Education for physicians.

The University at Buffalo School of Medicine and Biomedical Sciences designates this program for up to 20.25 AMA PRA category 1 credits tm. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Education Credits

Conference participants can earn 31.5 CEUs from the National Commission on Creditation of Acupuncture and Oriental Medicine (NCCAOM) or the California State Board of Acupuncture (pending) for attendance at **Building Bridges of Integration for Traditional Chinese Medicine 2007**.

Rates	1 day	2 days	3 days
Early Registration (until June 30)	\$249	\$359	\$399
Standard Registration (until Sept. 15)	\$299	\$399	\$499
Late Registration (until Oct. 1)	\$339	\$449	\$539
On-Site Registration	\$389	\$499	\$589
Students	\$250 for 3-day registration until October 1, 2007		

Fees include access to all conference sessions, workshops and exhibits, as well as continental breakfast on Friday and Saturday, Saturday networking luncheon and Sunday brunch.

HELP US PLAN YOUR CONFERENCE EXPERIENCE, PLEASE PROVIDE THE FOLLOWING INFORMATION:

Profession:

- Acupuncturist Chiropractor Community-Health Professional
- CAM or Health-Care Admin. Educator Massage Therapist
- Nurse/Nurse Practitioner Osteopath Physician, MD
- Physical Therapist Psychologist Psychiatrist Social Worker
- Student Scientist/Researcher TCM practitioner
- Other _____

Affiliation:

- Hospital-Affiliated University-Affiliated Researcher
- Public Health-Related Student

Type of Practice: If you are a practitioner, which best describes your practice?

- Conventional Integrated TCM/Acupuncture Holistic
- Medical/health-care specialty (e.g., oncology, women's health, admin, education, etc.): _____
- Other _____

Age group: 20-25 26-35 36-45 46-65 66/+

Gender: Female Male

How did you learn about the conference?

Please check all that apply:

- Building Bridges 2007** Brochure
- Harmony* Newsletter
- Phone Call from TCM Foundation
- Colleague/Friend
- Past Attendee
- Print Ad (what publication?) _____
- Web site (which Web site?) _____
- Other: _____

Please tell us if you need special accommodations to participate in our conference and fax a description of your needs to 212-274-9879.

We will address your needs to the best of our ability.

Building Bridges of Integration for TCM

TCM World Foundation
396 Broadway, Suite 501 • New York, NY 10013
Phone: 1-888-TCM-6909 • Fax: 1-212-274-9879
www.tcmconference.org



ANCIENT STORY,
MODERN MESSAGEThe
Falling
LeafHUNDREDS OF
YEARS AGO

the wife of a powerful and famous Chinese king was expecting a baby in autumn. Although this was a joyous occasion, there was much concern for the queen for she was quite delayed in her delivery. The king truly feared for his wife and the unborn child.

Many well-known doctors were called to the kingdom. One by one they prescribed herbal formulas, but not one of them seemed to relieve the queen's condition. The birthing process did not begin.

One day soon after, a wise and very esteemed doctor, who possessed great understanding of the ways of the universe, came to the kingdom. He was immediately sent to the palace, where he checked the queen's condition and examined the herbs she had been given. Just as he began to prepare his own formula for the queen, in a small courtyard outside her room, a leaf fell from a tree overhead. The doctor reached up and caught the leaf in his hand. He added it to his herbal mixture, saying, "Now it is perfect."

The queen was given this herbal formula brewed into a strong tea. Shortly thereafter, she gave birth to her child. There was much happiness in the court and the kingdom for the well-being of the mother and the birth of her child.

The doctor who successfully treated the queen not only had a very deep understanding of the principles of Universal energy, but he knew how to apply this knowledge to his practice. As it happened, his consultation with the queen had taken place on the day of the autumnal equinox. On this day the energy of the seasons begins to turn—summer becomes the fall. The leaf, following this shift in energy, fell from the tree at the perfect moment. The doctor knew that the leaf carried this message of Universal energy—a specific message of letting go—and as a natural substance could transmit this message to the human body. The mother ingested the herbal formula and the energy of the leaf was transferred to the baby. And so the baby was born, for it now also knew, like the leaf, it was the correct time to let go.

Understanding the
Family's Soul Purpose

WHAT IS IT ABOUT FAMILIES? We often hear people say, "It's my family. I have to love them." We're connected to our families in ways that shape our lives and define who we are. Are the connections merely genetic? Are we only tethered together by bloodlines? Or, is there something about families that goes beyond the physical, beyond the mind? Are there deeper purposes and reasons for the most powerful connections we have? What lessons can our closest relationships teach us?

Taoist concepts and quantum physics both help us understand that everything's connected. It's all about relationships—from the highest to the lowest order of things. Like it or not, believe it or not, everything (and everyone) is connected in ways we can perceive and ways we are only beginning to discover. Everything is a part of the whole: cells and atoms make up organs; organs make up our body; individually, we make up our families; families create community; communities create nations; and nations create the global family—humanity itself. Our global family has only one home, a small blue planet whirling through one galaxy ... among billions. Are these physical patterns without purpose? Are the underlying patterns of consciousness random too? Those with open hearts see the value of cooperation as the true path to freedom.



Everyone is born into a family; yet everyone leaves this world alone. Science has tried to determine what percentage of our behavior is due to genetics and what percentage is due to environment. We need also to ask what percentage is due to consciousness and the soul's purpose. Our fall 2007 **Building Bridges for TCM** conference focuses on *Individuals in Balance; Families in Harmony*. We explore the dimensions of two opposite yet complementary concepts much like Yin and Yang. Balanced individuals are necessary to create a healthy, harmonious family; a healthy harmonious family is the ground from which balanced individuals can spring. It's balance first and then harmony that create true health. This is an ideal reflection of Yin/Yang: Yin is the essence, the material that nurtures and sustains the Yang. Yang would perish without it. Yang is the complementary movement without which Yin is irrelevant.

What is our life's true purpose as individuals ... as family members? Is it just for physical or financial support? Does the family only serve as an arena to express emotions? Is there a deeper purpose that extends beyond the visible? Even if you consider yourself whole and healthy, if family members are not, then the family remains imbalanced. In my practice, patients frequently speak about family concerns—how their parents treated them when they were small, how they treat aging parents, their lives with spouses, children, and extended family members. Often these discussions center around the family as the source of problematic events and turbulent aspects of their lives. These events and their underlying energy are blamed for physical symptoms. It seems logical—to the mind.

Going beyond the mind lets us regard the same circumstances differently. If the relationships are not random, what purpose do they serve? How would you view and relate to the exact same situations, if you knew that in another dimension of reality, you and your parents and your family agreed to experience this life together—so your soul, or spirit, could learn something? This awareness might allow you to see familial relationships—indeed, all relationships—as mirrors of your consciousness, reflecting vital information back to you. If you accepted this concept, and its consequences and ramifications, you would see something amazing—loving gifts provided by others of what your spirit needs to know to grow.

Embracing this transformative consciousness, we can more easily connect with the Universal—the source of all healing and health. Ancient healers knew this, and their insight formed the basis of traditional Chinese medicine. The "small" approach clings stubbornly to the mind for safety, refusing to change focus—preferring only to believe in the limiting view of third-dimension roles of mother, father, husband, wife or child. The "large" approach takes a leap of faith—it connects us with Nature, the Universal, and the recognition of the purposeful, joyful consciousness that pulses through all relationships. It opens us to the possibility of true freedom and wellness, the birthright of each individual and every family. ○

Nan Lu, O.M.D., is the founder of the Traditional Chinese Medicine World Foundation. He has spent more than a decade helping his patients discover the path to true healing and true health. He is the founder of Building Bridges of Integration for Traditional Chinese Medicine and will speak at this educational forum in October 2007.

Summit of Power

By Michael A. Taromina, Esq.



How will recent Food and Drug Administration (FDA) rulings and American Medical Association (AMA) actions affect the practice of acupuncture and Oriental medicine (AOM) in the United States, and what can be done about it?

- The FDA recently issued its final rule regarding current good manufacturing procedure for dietary supplements. As expected, activities ranging from manufacturing, packaging, labeling or holding dietary supplements are all required to meet new minimum standards. Adequately trained acupuncturists and herbal practitioners are safeguarded, not exempted. In keeping with government tradition, the ruling is a concise 815 pages. (There will be no complaining about compliance; by way of comparison, the Internal Revenue Code is 7,500 pages.) Stay tuned, additional rulings are pending as the dietary supplement landscape continues to change.
- The AMA and other groups have been actively seeking to declassify nonphysician practice of AOM. These efforts are not specifically directed against AOM, but against all "alternative medicines." And therein lies the problem. With AOM being categorized as alternative medicine, opponents of the profession are able to group it together with dozens of unlicensed and unregulated modalities such as prayer therapy and energy healing. So long as opponents frame debates in the context of "alternative medicine," impeachment of any alternative therapy within the said group indicts AOM—by virtue of its group classification.

There is significant cause for concern for the AOM profession. In response, I strongly urge the entire national AOM representative community to organize a summit to adopt a ten-year strategic plan—to protect and advance AOM in the United States. This would be one national plan implemented and funded by hundreds of organizations, thousands of practitioners, millions of patients, and advocates like me. My advice on key components:

State Laws/Amendments – The most effective way to protect practitioners and the profession from FDA encroachment (and potentially damaging rulings) is through the passage of unassailable state laws requiring ongoing credentialing (i.e., testing and continuing education) that also define an insurable and beneficial AOM scope of practice. Some states need laws; many states need better laws. We need to nationally fund state efforts, especially in the key states, such as New York.

Integration – The next frontier of untapped opportunity and expansion for AOM is within the integrative setting. An ongoing monitoring effort of integration activities across the nation should be established. To start, let's see how many hospitals in the country have integrated AOM care. Then let's utilize national resources to assist those hospitals that seek to.

Clinical Studies – Lack of clinical proof is the most cited knock against AOM. To effectively rebut this contention, the profession should launch a national grant-writing and clinical-trial committee in order to leverage and tap funding resources across the country and ultimately better educate the public through clinical data.

The legislative coalition I serve in New York needs your donation to fund the passage of our AOM bill. You can also join me this fall at one of my lectures to raise awareness of the pressing needs for organization and unity. To donate and learn more about this vital effort as well as view a schedule of upcoming lectures, visit nysacupuncture.org.

Michael A. Taromina, Esq., has represented practitioners, institutions, organizations, and students in the TCM field. He serves as a member of the NCCAOM Ethics and Disciplinary Committee and has designed and taught programs in health law, ethics, professional liability and practice management.

Do you have a question, comment or issue you'd like Michael Taromina to address in an upcoming column? E-mail *Harmony* at newsletter@tcworld.org.

Building a Bridge

CONTINUED FROM PAGE 3

appetite, overweight, poor sleep, low energy, I also see fibromyalgia. The muscles simply don't get enough blood to nourish them so they ache—a key symptom of fibromyalgia.

Harmony: Is there anything else you see regularly in your practice related to women?

HJ: Another emotion I see in women is fear. Earlier, I mentioned that some women worry, especially mothers, who worry about their kids and are often afraid things will go wrong, or that something will happen to their kids. In my practice, many times I see worry and fear side by side. Fear, in Chinese medicine, is the emotion related to the Kidney. When women have fear it can lead to a Kidney deficiency, especially if the woman overworks. For instance, if she tries to take care of her family and she works, I see adrenal burn-out syndrome. Also, some women cannot get pregnant for emotional or physical reasons. They may be afraid for their future, for when they get old, of who will take care of them—many things like that. If they have any of these fear factors, it has a negative impact on their fertility. Fear causes that; it's a large factor in infertility.

Harmony: What role does emotion play in breast cancer?

HJ: With breast cancer, a lot of times it's related to Liver Qi stagnation. I see women with breast cancer—with lumps, for example—and it is Qi stagnation that causes Liver Qi stagnation. And then other factors are poor diet plus worry. You know, if a woman only has a poor diet, without the added stress of emotions, usually it would not be as bad. But if the diet is poor and there are emotions like worry or overthinking, that can contribute to breast cancer.

Western medicine says breast cancer is related to family factors—if in your family your mother or siblings have breast cancer, you may have a greater chance to get breast cancer. In Chinese medicine, the Kidney is related to congenital factors; the Kidney is also related to the emotion fear. So for those women who have this congenital tendency and are afraid they may contract this condition, if they work on their emotions and take good care of themselves, they may not develop breast cancer. If they have a stressful lifestyle or they work too much, then that can tip the balance.

Harmony: What do you recommend women do to reduce stress and manage their emotions?

HJ: First, I treat them with herbs and acupuncture. That moves things in the body. But they cannot just rely on the needles or herbs. Women also need to work on their issues. I tell them, "You need to work on your life. I can treat your body, but I cannot treat your life!" For stress reduction, I suggest that women do Yoga, Qigong or Taiji—to give themselves fifteen or twenty minutes a day. Also, try some deep breathing—when you breathe out, let everything go! I teach my patients to do very simple Qigong movements with the breathing, and it's really amazing how much people calm down. It's important for women to nurture themselves. Women have to express and communicate—to make time to get together with a group of women friends and express their feelings. The essential point is to take good care of yourself. Stressful moments are a part of life, yet when you cultivate healthy habits, you'll be able to maintain your internal and external balance. ○

Tangerine Peel

Called *chen pi* in Chinese, tangerine peel is a staple in any well-stocked herb closet. Its distinctive pungent flavor has been a part of herbal formulas and recipes for millennia in China. Tangerine peel has a warm essence that travels to the Lung and Stomach meridians. Among its many medicinal effects, it can balance the function of the Spleen and Stomach, eliminate dampness in the Stomach and upper abdominal area, balance Qi, and clear up phlegm. It is especially helpful for digestive problems involving abdominal distention, as well as Lung difficulties, particularly where there is a full, "oppressed" feeling in the chest and a cough or profuse sputum. Save your tangerine rinds!

Dry them and then store them in a container to use later on.

TANGERINE PEEL TEA

This tea is really effective for a cold, a cough, or anytime you have excess mucous in your lungs. It's even helpful for a sinus headache! If you have a cold, take a hot bath, drink a cup of this tea, and go to bed. Be sure to wrap yourself up in a warm blanket so you can sweat the cold out. If you have a scratchy throat, add a little peppermint to the tea.

Ingredients

- 2 dried tangerine rinds, broken into pieces

- 4 scallions, each cut into three or four pieces
- 1 chunk of ginger, leave the skin on and smash it whole
- A few almonds
- 1 1/2 cups of water
- A teaspoon or so of brown sugar or honey to sweeten

Directions

- Put all the ingredients into a small pot containing the water and bring to a boil, allowing the mixture to boil for only 2 to 4 minutes.
- Add the brown sugar or honey and stir thoroughly.

Drink it while it is hot!

Compassionate Care

CONTINUED FROM PAGE 1

that way, what happens is the healing arts come from mutual respect. Treating a patient is a two-way job: for every action, there's always an equal but opposite reaction, as we know from physics. In reality, how you treat your patient will react back to you. We think we are treating the patient, but the reality is, the patient is treating us back—we just don't realize it. The more you treat, the better you are and the better knowledge you have, and the more experienced you become. And not only that, this approach gives you feedback on the healing, so you become a healer.

Harmony: One of the themes of our conference is the family. What is your perspective on the role of family in the health of individuals?

SA: The role of family is very significant. The family has to keep its harmony—they have to help each other and heal each other. Everybody is responsible for their own health. Family unity is very important. If one is suffering then the others will suffer also. So the healing of the whole family is also key. That's why sometimes when small children are sick, the mother also gets sick because she loves the child and is suffering from seeing her child not well. Sometimes you treat the mother and the child gets better; the mother has a healing effect on the child. You look at children and their parents: parents love their children, and when their kids are sick, the best therapist is the parent, the best thing is loving-kindness.

If something goes beyond the level that the family can heal, then they can go see a practitioner. For us, as practitioners, the main thing is that we have to let the family know how to take care of themselves. It's called self-care, preventive care, and it's so important. We have to teach each family member how to take care of themselves, starting from a young age up until old age, in a physical, mental and spiritual way. We have to be not only physically healthy, but mentally healthy—stable and strong—so we understand how to live in this beautiful universe. And not only that, we should cultivate ourselves, so spiritually we help and heal each other and interact in a positive way.

Harmony: What is the value of Qigong in healing?

SA: In my life I have found that Qigong is the best thing for me. No matter which profession you are in—a teacher, an acupuncturist, a chiropractor, a surgeon—you have to have good Qi. The interesting thing is, I've found that a lot of people think Qigong is just exercise, but it's really an exercise of body, mind and spirit.

Qigong is also a health discipline through which you can help not only yourself, but also give a person who is not well the capacity to create his or her own well-being. So Qigong is not self-cultivation alone, but also helping a patient learn Qigong so that he or she is ready for treatment. People who practice Qigong make it easier for a practitioner to treat them because they are already well aligned. Then all you need to do is just give them a tiny bit of healing and it goes right in!

That's why I have found Qigong a very important thing for the community. Everybody should practice Qigong every morning. If everybody would learn to practice Qigong, like they brush their teeth and wash their face, they'd become responsible for their own health. And then only when you need help, you go to a practitioner, and he or she readjusts any imbalances for you and you become healthy again.

Harmony: The things you're speaking about are the gifts the East brings to the West.

SA: That's right! I think we have so much to learn from the East, and Eastern people have so much to learn from the West. What is "universe"? Universe means only one; "uni" means one. If you walk from the East to the West, it becomes the same thing! If you keep walking East, it becomes the West; if you keep going West, it becomes the East. In reality, there is no East or West. The reality is they are part of the same universe. We, ourselves, divide it into East and West. There's really no thing called East or West—everything is in your mind, what you have created yourself.

Harmony: Do you think that's the destiny of all these medicines—that when we become more aware and have this consciousness you've been talking about, all these borders and false distinctions will disappear?

SA: They will disappear. If you look carefully . . . it's just like a big house: If you have no walls, you can see through everything; if you put up partitions, then you cannot see through and you will be living in a small place. Medicine should be wide open and helping people out. The key is to help people. I believe all medicines should work together, hand in hand, heart and heart . . . integrated and committed to working together with the goal of well-being. And I think the future of medicine is not only all these integrating medicines, but teaching the patient how to walk hand in hand and heart to heart with the therapist. They also have responsibility themselves, and in that way, the whole universe will become a very healthy, happy and harmonious place. That's my dream. ○

To learn more about the work of Dr. Steven K.H. Aung, visit www.aung.com.



YOU OWE IT TO YOURSELF TO CHANGE YOUR LIFE THIS AUTUMN!

The Dragon's Way®

NEW! SUPER DRAGON'S WAY® CHALLENGE

Wednesdays, September 19–October 10, 2007
American Taoist Healing Center, NYC

Start the fall feeling healthy, energized and looking great! Take the plunge and sign up for our new four-week Super Dragon's Way Challenge, designed and taught by Dragon's Way creator Dr. Nan Lu. If you've participated in a previous Dragon's Way program and are ready to go deeper into your healing journey, then act now to join this accelerated healing program. With an emphasis on *Wu Ming* Qigong, Dr. Lu will challenge you each week to practice and refine the Dragon's Way movements and try a new eating plan. Take your body, mind and spirit to a deeper healing level. Ready for the challenge?

Registration

Dates: September 19–October 10, from 6:30–7:30 p.m.
Location: The American Taoist Healing Center
396 Broadway, New York City

Fee: Four-week course is \$200

Prerequisite: You must be a graduate of the six-week Dragon's Way® program; class size is limited and registration is on a first-come basis.

To register, please call Traditional Chinese Medicine World Foundation at 212.274.1079.

The Dragon's Way®

FALL DRAGON'S WAY® CLASSES

Do something great for yourself and get a jump on real wellness this fall! Join our popular six-week Dragon's Way program designed to help you rebalance your body. Reduce stress, lose weight and gain an overall sense of well-being.

New York City Classes

Date: **Wednesdays, September 19–October 24, 2007**

Time: 7:30–8:30 p.m.

Location: American Taoist Healing Center
396 Broadway, Suite 501
New York, NY 10013

New Jersey Classes

Date: **Thursdays, September 20–October 25, 2007**

Time: 6:30–7:45 p.m.

Location: Union Congregational Church
Vincent Building, 2nd Floor
176 Cooper Ave., Upper Montclair, NJ 07043

Dragon's Way Registration

Fee: \$199 for new participants; \$50 for returning participants

To register, call Traditional Chinese Medicine World Foundation at 212.274.1079. Please have your MasterCard or Visa handy. You can also download and send in our Dragon's Way® registration form at www.tcmworld.org.

The Dragon's Way®

DRAGON'S WAY® INSTRUCTOR CERTIFICATION PROGRAM

You've seen the dramatic change this innovative and effective program has made in your own life. Now you can learn how to teach it to clients, family or friends! This program is an immersion experience in the self-healing powers of *Wu Ming* Qigong and traditional Chinese medicine (TCM). Study with Dragon's Way creator Nan Lu, O.M.D., and his certified instructors, and become certified to teach your own Dragon's Way Stress Management and Weight-Loss classes.

The Instructor Certification Program will feature:

- Self-cultivation of energy with Qigong
- 10 *Wu Ming* Qigong movements and how to teach them
- Study of TCM principles and concepts
- The healing properties of food and how to apply them to create wellness
- The role of emotions in health
- Hands-on training and experience
- Group support

For more information, email TCM World Foundation at info@tcmworld.org.

Be sure to check out our Taiji program – Taiji, Beyond the Martial Arts; *Wu Ming* Qigong classes; Qidancing; Finding Freedom Healing Weekend; and the Breast Cancer Prevention Project at www.tcmworld.org.



Traditional Chinese Medicine
WORLD FOUNDATION

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