

- 1) What if you could move as if your arms and legs were connected?
 - a. What if you could adjust your spine and organs by taking advantage of this special linkage?
- 2) What if there were a well-defined system to explore the connection between your mind and body?
 - a. What if this could be leveraged to control your health and even grow as a person?
 - b. What if this system of channels connecting mind and body, organ and sinew, also connected you to wisdom and energy outside or yourself?
- 3) What if you could return yourself to a time before you were injured, or before your problem began?

As I approach my 40th year of osteopathic studies, and 35th year of work in the Chinese internal arts I'm filled with gratitude to have been able to pursue these paths and see them eventually intertwine. I have been blessed with outstanding teachers. I enjoy the privilege of sharing and refining this work with our new friends in New Mexico. Thank you for helping me!

Those of you attending classes have been very patient as I taught you about our congenital energy and the channels through which we cultivate lightness. Congenital implies we are working with something inborn that comes before. This addresses question 3. In this way we introduce the element of time in our healing and understanding of ourselves. *In the next few classes we will summarize this with a shortcut that allows us to perform the **8 Extraordinary Channels** as a series of exercises.*

The next step is to explore our organs and meridians through their **Primary Channels**, the ones that acupuncturists have been needing for two millennia. This answers questions 1. and 2. above. Wouldn't it be wonderful if we had access to acupuncture or hands-on treatment whenever we need it at no cost? Wouldn't it be efficient to receive the benefits of meditation and exercise at the same time but without injury, as exercise is so rife with abuse? This is what we are teaching. We will begin to move more and keep up the partner practices for validating our understanding of energetic processes.

Spring is the season of the liver so we will begin there. The liver mediates inflammation and the immune system in Chinese medicine. Spring in Santa Fe means allergies. A sick liver is becoming the central focus in metabolic syndrome in Western medicine.

This is what hypertension, vascular disease (heart attacks and strokes) and diabetes have in common. The sense organ associated with the liver is the eye, the hollow organ is the gall bladder so we will cover these as well. I attribute my good eye exam report to the qigong routine I developed. Each season has its own energy, and the five primary organs reflect this. Wood is the name of the element that describes springtime energies. It is prone to imbalance at this time. Observe nature and understand that the phasic seasonal changes influence our lives each year.

What begins as an exercise in self-care becomes a journey into self-realization. Become your own HMO and enjoy the fellowship of our developing community at the same time. It starts with the five primary organs, and we will eventually cover all 12. Just knowing the 5 Primary (solid organ-meridians) and the 3 midline practices from the congenital channels is a powerful combination to help us recover from any problem and enhance energy in daily life. So a new chapter begins Saturday with the liver. After a few sessions we will switch to the heart. The Fire Element goes with summer. Look at my earlier post [Focus on the Liver](#) under class readings and [Spring 2023](#) on the homepage for more info.

A journey of one thousand miles begins with but a few steps. You can learn these 20 meridians and their variations for the head and neck in less than three months. It is the work of a lifetime to learn how to apply them in their unending applications. To believe that one can learn from books, videos or conversation is to almost completely miss the opportunity. Benefit derives from ascertaining the correct subjective experience and that requires in-person instruction. Life begins when we show up. Explore these questions with me in my garage and the beautiful parks of Santa Fe through the summer. Great rock bands and Apple computers started in garages just like mine!