

5 - 'BLOOD'

To cover emotional health and wellbeing, we have to firstly look to what Blood does in our body. The word 'Blood' when used in this book describes more than what is liquid and red and tends to spurt out when liberated. To show the difference I have capitalised it – as I have all acupuncture terms. 'Blood' here means the substance that nourishes all aspects of our being. Blood energy keeps every aspect of self bathed in nutrients, courtesy of the freely flowing [Liver Qi](#).

Blood like all substances in the body is formed through the transformation from digestion. The Spleen and Yang Qi mentioned previously have to be in a great state otherwise the Blood that runs us and our sanity/personality suffers.



Blood is made through the densest/most substantial inherited aspect [Jing] that is stored in the bone marrow as an aspect of Kidney resources, and is acted upon, in conjunction with the chest Qi, to form Blood in all its forms.

Blood is classified as being a Yin energy within the body as it functions to nourish, cool and lubricate. Blood energy nourishes all aspects of all physical, mental and emotional wellbeing. The quality of our Blood energy is seen in the lustre of the skin, the shine, strength and colour of our hair, the easy transition throughout the month as a woman's levels of Blood and energy change with the menstrual cycle.

Blood nourishes the Shen – which is the seat of our psyche. When not nourished well the Shen no longer has a home. When stirred up with heat – from whatever source – the spirit is fiery – and all manner of distorted mental/possessed states can occur. Mental/emotional balance can be lost in many different ways - and of course the shock mentioned previously and very often in the beginnings of life all determine who the personality flourishes or not.

This helps explain why if losing too much blood weakens women – and why after birthing losing blood and not being transfused is so very dangerous. Maternal wellbeing and enjoyment (breastfeeding, maternal sleeping and sanity) are all depend upon her ability to be herself. Her beauty and sanity all depend on good stores of Blood energy. Ideally we would just know all of this as it would be part of our understanding of the world.

WHAT DOES BLOOD DO?

The state of our Blood energy dictates the quality of a woman's life. The basis of whether she is happy and healthy, and able to reproduce easily and be a sane member of her family is all about whether her Blood energy is strong – or not. As a nourishing substance the Blood energy works on every level of existence. On a more physical level it controls the flexibility and suppleness of our form by enriching the muscles, tendons and ligaments. Blood energy is circulated by the Liver Qi, and as such is greatly influenced by our levels of “stress”.

Blood energy keeps all body tissues vibrant and healthy. The hair, skin and nails are all dependent upon good quality Blood energy being circulated to them. This is achieved by the free flowing action of our Liver Qi. Our Liver Qi is that which becomes very easily frustrated when we do not say, do and feel what we need to.

How we feel and the amount of integrity we have to maintain a steady and calm demeanour, our ability to sleep well and regenerate and to be present as a sane and confident person is ultimately governed by the quality of our Blood energy. So too is our ability to think clearly, to perceive and respond appropriately. Especially to not be troubled with anxiety or attacks of panic. Palpitations tend to follow nothing wrong with the heart as such – just not enough fuel – or a stable enough home for the Shen

NOT ENOUGH BLOOD - EITHER ACTUALLY OR IN CIRCULATION

Blood is a form of ‘Yin Qi’ – and as such, it nourishes, moistens and cools in the body, also providing regenerative powers. When we lose our actual Blood, or if we gradually make less amount or quality, various aspects of self will start to dwindle. We may just see this as being a natural consequence of the aging.

Shen disturbances - sleeping less deeply, maybe disturbed, unsettled within self, not feeling peaceful, equilibrium lost. Becoming emotionally vulnerable, needy, indecisive, anxious, or if severe as panic attacks. Anxiety states and palpitations and nervousness are often nothing more than having deficient Blood energy.

Mental lack of tone – This may show as a gradual lessening of self – dithering, memory unreliability, slow thinking, and lack of clarity, inability to do one thing properly, rather than several concurrently, and the apparent loss of previous mental capacities.

Visual problems - Our ability to see well is a gift dependent upon the health and condition of our minute eye muscles that are in turn, reliant on our Liver energy complex. Floaters, visual fogginess and general loss of vision all fit in here, as do dry and reddened eyes - and all may be retrievable with Blood improvement - especially using Chinese herbs.

Muscles, ligaments and tendons - may experience cramping, spasms and lack of lubrication/ nourishment resulting in such conditions as carpal tunnel syndrome and tenosynovitis, stiffness, inflexibility, discomfort and tension, eventually turning into pain and headaches.

Loss of pain free circulation – through a life time of cold, wind, damp invasion, tension (Stuck Liver Qi), caused by and creating structural misalignment, and lack of nutrients to circulate, will all create pockets and pain, labelled 'arthritis', degeneration, and so on.

Complexion/skin – Blood keeps all body tissues vibrant and healthy. We may wither and sag earlier than necessary, with weakened Blood energy. Skin conditions, will show up as being dull red in colour, itchy and poorly healing skin in general.

Hair and nails - The nails and hair are registers of the strength of our Blood/Jing quality. Hair that is falling, losing its colour and health, nails that are splitting, flaking, growing slowly, all broadcast our depleted state.

Menstrual – Deficient Blood patterns of bleeding, longer cycle, less lost, scant, pale flow, maybe they stop early (premature menopause), dull head, back and abdominal aching at end of cycle.

Pregnancy and lactation – Blood deficiency shows in obstetrics as almost all that is seen as 'normal' difficulties in pregnancy. Easily managed through great nutrition – and possibly Chinese herbs to build up the Blood energy. Difficulty in staying pregnant, or possible malfunctioning of the placenta, habitual miscarriage, not 'blooming' when pregnant, or any of the other above symptoms in pregnancy, or after birth, especially with depression and emotional problems point to Blood deficiency.. As do an inability to easily breastfeed, poor quality milk, and if hair falling (NOT normal post birth) is also present.

This helps explain why, if we allow ourselves to bleed too frequently and or too heavily we start to feel and act 'neurotically'. Separate to being physically exhausting, our Shen (spirit) becomes under-nourished and we 'lose the plot'. As women, it is vital that we do not allow excessive leakage of this foundation, by believing that we will replace whatever we lose. The extra effort could be better spent in our mature years, keeping us vibrant, lucid and tranquil.

POOR BLOOD CIRCULATION

Besides having not enough good quality or amount, Blood can also be STUCK which leads to all manner of gyne condition that will NEVER be resolved without going into the energy model. Sometimes the broken heart that has been there all her life is the cause of why nothing in the surgical field is helping. Often it is the past rape or sexual assault that has created such a miasma of emotional turmoil – and maybe hidden and unconscious – that the menstrual area will never be ‘right’ until it is dealt with appropriately.

Imbalances appear in the energy fields and signatures. Even if multiple operations, and ingenious hormonal ‘fixes’ are tried - without undoing how she feels about herself and what has happened to her – any physical repercussions are unable to be permanently remedied. (Think of all the work done on trying to FIX endometriosis – perhaps concentrating on the Stuck Liver Qi leading to the [Stuck Liver Blood](#) would have more effect.

Ways to improve one’s Blood energy

The constitutional inheritance passed to us from both parents, their early choices as to our rearing, our resultant experiences, perceptions and habits, and our body’s responses to all of these form the tableau of our energy and Blood production and circulation. Ideally choosing calm, mature yet young parents should create a strong Blood foundation for the future child. Having an ordered early life, uneventful yet happy, with few shocks and disruptive influences, is likely to consolidate one’s beginnings.

Once being in charge of our lives and following life’s rules we can easily set an appropriate course to allow a return to vitality, using the ‘Three Heater’ production model. Key concepts here include conscious breathing, and the release of stored and blocked energy and emotional charges, to undo the cumulative effects of a life of scrapes and bruises on all levels.

The entire organ complex and related energies are a dynamic team. The body is designed to function despite handicap, and regardless of circumstance. It is very possible to greatly enhance one’s state of being by looking not just at iron replacement but the digestion and what goes to upset this. Enough Zinc and other micronutrients to assist assimilation are sometimes the better place to start when considered anaemic.

1 - Constitutional inheritance

The strength of our constitutional energy (Jing) is a gift, an inheritance, from our forebears. The easiest way to have good Blood energy is to have chosen your own parents well. Not necessarily young ones, but ones who have looked after themselves, and have had orderly, regular life habits. Additionally it is preferable that their own parents were not over 35 themselves when they had you. Parents who had regular, life affirming lives, which started you down a solid path.

1(a) Care of our own (unborn) and present babies . . .

For our own children, we can ensure that prior to and after their conception, we are as regular with our habits as possible. The role of diet and supplements is only a portion of this conscious preparation. The calmness of the maternal inner life and the degree to which she is able to stop and to nourish herself and the

growing life inside, disconnecting from the external world and its attendant dramas is just as important.

Yoga, meditation and early nights are all imperative, especially if mum is still working outside the home as she grows baby. Providing a totally regular, nurturing and supportive environment on all levels will allow the unborn to reach his/her intended potential. Having regular, warm nourishing meals, with an avoidance of chilled and cold energy foods, allow the development of a strong immune system. So too avoiding early interference by conscious postponement of vaccination, until the child is at least 2 years of age may all play large dividends later in their lives.

1(b) for ourselves, irrespective of intended reproductive status

Perhaps treat yourself as though you were nourishing the baby/child within. Seeing your self as precious, and not deserving of anything less than calm, harmonious and loving spaces in which to be here. Perhaps ask yourself - why am I still in that job/relationship/city where I feel stifled and unable to grow?

2 - Breathing

To make more of ourselves, we need to breathe well. This means great posture - not folded over yourself - especially true if sitting at a computer is your working life. In energy terms, all the quality digestive resources meet in the chest cavity, and with the action of breathing, distribute quality energy through the meridian system.

Having quality Blood is the first step – then it has to be circulated. Without good posture, and adequate ventilation of the lungs, what you put in your mouth is fairly irrelevant, as we may not be able to use the great Blood made. Any blockage to the breathing cycle, especially holding unresolved grief and/or a broken heart will weaken the quality of Blood energy made.

3 - Diet

Regular and varied intake of warm, nourishing and enjoyable foods, in a calm and stable setting, will enhance the likelihood of good quality Blood production. This may mean that you stop and rethink everything that you have ever thought regarding eating. Not attempting to lose weight, but following the rules of eating will assure that wellness, and with this, well shape may return.

4 - Emotional freedom

Whatever makes your heart sing - follow your bliss Why wait till later . . . now is the only moment you have. Allow the Liver Qi to freely move – what inhibits this? We do.

Choices to stay safe and secure, not opening our inner ‘cupboards’ to undo the wrappings of the apparent ‘problems’ that have been long stashed away for later, may be the key to releasing more of ourselves back into circulation. This lack of vitality, and increasing dis-ease within self, will eventually show up as sleeping/emotional/mental imbalances, as consequences impact upon our Blood/Shen.

WHY WAIT UNTIL IT IS A CRISIS?

The chest – Lung Qi stores grief and worry. Holding onto this, creates less ability to use the full breathing cycle, creating less opportunities for quality Blood and Qi to be made. When depressed/beaten down by life and thus exhausted, we huddle over. It may feel too much to hold ourselves upright, we perceive our breasts too heavy, or obvious to stick out, hence, we stifle the very vibrancy of our life force. Maybe look to the [self care massage](#) techniques found here - and stop to do at least the chest gouging – as you will feel so much more open to breathe deeply.

Our heart centre may have shut down, as early experiences of vulnerability and openness may have created vast pain. In the safety of 'shut off', we are then also unable to fully express and experience joy. True connection within, and between us, and others is also not possible.

Living through the motions only will create further grief, as we feel disconnected as we are, as we chose to hide away.



LOVE YOURSELF BETTER