

PROLOGUE

The history of Acupuncture is a very long one. During many centuries, the Acupuncture experienced vicissitudes. The Acupuncture had periods of vilification and of revival. The last drama was the introduction of the TCM, in the previous century, based on poor herbal principles and syndromes. Every Acupuncture practitioner knows about the 'bibles' of Acupuncture, the *Nèi Jīng Sù Wèn & Líng Shū*, the *Nàn Jīng* and the *Jiǎ Yī Jīng*. Not so many practitioners work according to these principles. The so-called *Wǔ Yùn Liù Qì* or more popular known as the '*Nèi Jīng - Heavenly Stems & Earthly Branches*'. The *Wǔ Yùn Liù Qì* is the foundation of Acupuncture, based on ancient herbal knowledge like the '*Shāng Hán Zá Bìng Lùn*' (known as the '*Shāng Hán Lùn*') and the '*Shén Nóng Běn Cǎo Jīng*' (known as '*Shén Nóng Jīng*'). A literal translation of '*Wǔ Yùn Liù Qì*' is '*Five Movements Six Qì*'. The '*Five Movements*' are the foundation of the *Wǔ Xíng*, the Five Phases, also known as the '*Five Elements*'. '*Six Qì*' are the '*Six Climates*', from which we derive the '*Six Divisions*' and the '*Twelve Meridians*'.

The **I.C.A.** - '*International Colleges for Acupuncture*' - and **Lán Dì Press** has as its main aim to bring back this ancient knowledge, merged with the modern science of western medicine. This renaissance of ancient Acupuncture is expressed in merely a few Acupuncture colleges in the world. Actually, there are at this moment only colleges specialised in this art of Acupuncture in the Netherlands, Finland, England and Israel. Another way of spreading this knowledge is via books. This is one of the series of books, which will introduce the practitioner into the field and the knowledge of the '*Wǔ Yùn Liù Qì*' Acupuncture.

The books to be published are the introduction of the *Wǔ Yùn Liù Qì* Acupuncture to practitioners all over the world. It starts with the basic principles on which the ancient Chinese medicine is based on. From the original *Qì*, rooted in *Qián*, the four emanations will develop. They are the root for the *Wǔ Xíng*. The five phases are known in these modern days as the five elements. The *Wǔ Xíng* expresses itself in a three dimensional way. The so-called *heaven, earth and man* expression of *Qì*. The *Qì* from '*heaven*' is shown in the ten heavenly stems. This is the influence of *heaven* on the organs or the *Zàng Fú*. This influence is expressed in the ancestral *Qì*, the influence of ancestors and hereditary aspects and the functions of the *Zàng Fú*. The action of '*earth*' is connected with the concept of Time. The flow of *Qì* during hours of the day, months of the year and through the *Jīng Luò* system or the meridian system of the body of the being, will be explained. Each *Zàng Fú* has specific functions within the body, are related to specific tissues and sense organs and connected to a specific *Qì*. The connection of these *Zàng Fú* and the *Qì* is found in the relationship with the earthly branches, the so-called *Seasonal Qì*. The '*man*' concept is the *Wǔ Xíng* with the *Shēng* cycle and the *Kè* action within the five transformation phases. This is the three dimensional concept of *Qì*.

Another series of books will be the description of pathways. Chapter 10, 11, 12 and 13 of the *Nèi Jīng Líng Shū*, and many other chapters of the *Nèi Jīng*, *Nàn Jīng* and the *Jiǎ Yī Jīng*, describe

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the pathways. Besides an anatomical correct description of the Jīng Mài and all the points, there will be the pathways shown of the four other meridian systems; the Jīng Jīn - tendo-muscular meridian system - , Jīng Biè - divergent meridian system - , Luò Mài - connective meridian system - and last but not least the Bā Qī Jīng Mài - eight extraordinary meridians. Besides the well known pathways of the five meridian systems there are many internal branches described in the Nèi Jīng, Nàn Jīng and Jiǎ Yī Jīng. These internal connections are of inestimable value for the clinic.

The last series of book will be the merging of the ancient Chinese medicine with the modern western medicine. The western medicine has a perfect refined way to describe pathologic processes of all the diseases of the body and mind. With the aid of modern techniques like M.R.I., Ultra Sound, PET-scan, blood tests, etcetera, any process is researched and described. These processes will be 'translated' into different qualities of Qì. If one understands the pathological processes of Qì one is able to harmonise this with the aid of Acupuncture. These three dimensions of Qì have to be harmonised, strengthened or rebuild and wrong qualities of Qì should be expelled or neutralised. Those actions could be performed with knowledge of Wǔ Yùn Liù Qì.

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