

4 Week Online Seminar – Global Branches



*Transcending Trauma
...The Road to Emotional Empowerment*

MODULE 1 and 2

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“Although it is said that you attain the Tao, you are really receiving nothing at all...all the treasures described are in the body and not anywhere else. That is why it is said that you receive nothing; you possess them from the beginning” - Cultivating Stillness, Eva Wong

Spiritual therapy can be seen as working with unfinished business
– Jeffrey Yuen

Both dreams and symptoms conceal ideas that are not acceptable to the conscious personality - Freud

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

“In all chaos there is a cosmos, in all disorder a secret order.”

“There is no coming to consciousness without pain.”

- Carl Gustav Jung

“The sage will not try to make crops grown faster than normal, or to make the wind and rain come down when he wants them to. He does not imagine that anything he might do would be better than that which happens naturally – or according to heaven...heaven is not a place but a power directing life” (De La Vallee, 2013)

“...All things receive what is nourishing for them and work towards their completion. One does not see the process taking place, but sees only the results. And that is called spirits (shen).”

- Xunzi, Change and Transformation

“It is through the cultivation of the spirits within the body that we are able to rule, either our own selves or the kingdom”
- Zhuangzi, Chapter 24

Introduction to the Psyche, the Evolution of Consciousness and the Return to Oneness (Whiteboard Drawing)

“The coming forth of living beings (life, sheng) is called essences.

The embrace of two essences is called spirits.

That which follows the spirits faithfully in their coming and going is called hun.

That which associates with the essences in their entering and exiting is called po.

When something takes charge of the being, this is called the heart.”

Ling Shu 8

← INTUITION | LOVE | ACTUALITY = TRANCENDENCE →

Atmosphere

ATMOS =
Soul/Spirit

Heaven

Unified/Oneness
Synchronicity & Synthesis of
complimentary opposites
Timeless/Spaceless

Forebrain

Corpus Callosum/Telencephalon =
TELOS- Completion
TELELOGIC
Unified, Integrated, Wholeness
Inter-Dependent

1:1 = Rational

Noosphere

NOOS = Mind

Man

Interlinked System of
Collective Consciousness

Midbrain

Heart Empowerment vs.
Emotional Disempowerment
Limbic Adaptation
Independent

1:7 | 7:1 = Irrational

Biosphere

Earth

Polarised Duality
Diachronicity & Diathesis of
complimentary opposites
Timeful/Spaceful

Hindbrain

Instinct, Impulse
Evolutionary Adaptation
Trial & Error
TELENOMIC
Dependent

← PERCEPTION | ADDICTION | REALITY = EMOTIONS →

Enlightenment

Supersconscious

Shen

Contemplative

Imaginary

Conscious

Qi

Intentional

Habitual

Unconscious

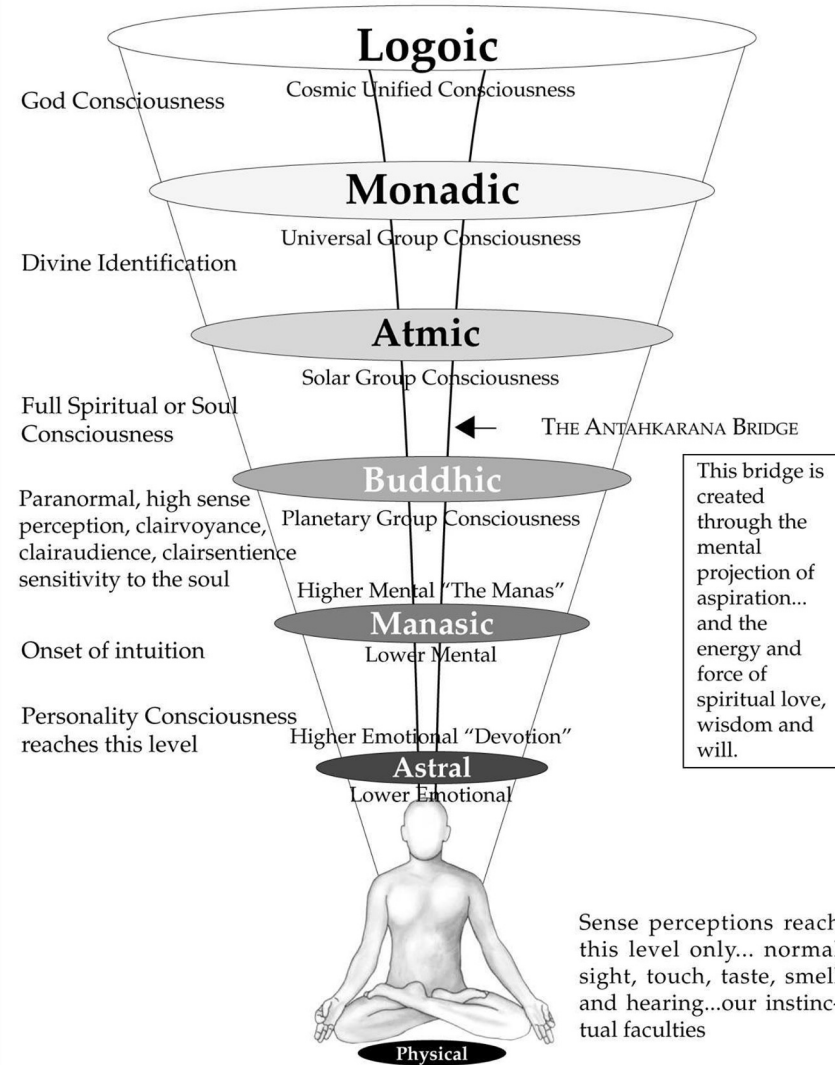
Jing

Instinctual

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Divine Alignment

The Octaves of Awareness From Instinctual to Divine



STATES OF CONSCIOUSNESS

The Antahkarana Bridge is the "personal divine corridor" through which all planes, octaves and dimensions of consciousness are linked and accessed

Intro...

- Emotions – basic structure of social life (maintain social interactions/connections)
- imbalanced view of the world (lob-sidedness)

Fragmentation (illness) vs unification (wellness)

““WE ALMOST NEVER think of the present, and when we do, it is only to see what light it throws on our plans for the future.” - Damasio

When qi disperses (it is spirit/love) | when qi condenses (it is matter/emotions)

SW9 - Qi Bo: “The five qi take their positions one after another; each of them has [a qi] that it dominates.

The changes between [periods of] abundance and depletion, this is their regularity.”

- Emotions in TCM
 - Qing – heart and richness of life, e-movere, passion
- Emotional fluctuations and volatilities – ci ji
- Number 7 for 7 emotions
- Illumination = constancy => destiny

3 Layers of Emotional Penetration

- Mood (WEI) -> Temperament (YING) -> Personality (YUAN)

Wei – immediate crisis/healing crisis

Ying – suppression held by the blood (or luo vessels)

Yuan – repression (unconscious), genetic mutations passed on

Next up...

5 Spirits and Behaviour

The Shen - Spirit

- Condensation of qi -> rarified form
- The unfathomable changes of Yin and Yang are called Shen
- What does shen mean? Infinite light, yang energy of all 5 spirits, consciousness, intangible but recognizable vitality, divine inspiration
- The characters of Shen
- The fire yang of shen encounters the limitations of earth yin
- What's the difference between Spirit (SHEN) and soul (LING)?

"...if our behaviour is disorderly, the ancestors will send signs to tell us to change" (De La Vallee, 2013)

Shen Imbalance Symptoms...

- Inappropriate laughter
- Nervousness
- Lack of love and compassion
- No emotion
- Sexual over-drive
- Emotionally volatile
- Manic-Depressive
- Golfers Elbow
- Frozen Shoulder

The Hun (Ethereal soul)

- Chinese character – clouds, spirit, ghost (spirits and powers of the earth)
- Determines our individuality and relationship capacity
“...the fulfilment of the hun within an individual is to become shen-like” (De La Vallee, 2013)
 - The mind – individual consciousness and awareness
- Hun is the spirit of wood – potent directionality toward light – tree swaying in wind yet grounded

The Hun Continued...

- Provides movement of soul - dreaming (with or without) and life dreams/ideas/plans/projects
- Not entirely rational -> intuition, inspiration BUT more rational than CS which governs the instinctual and biological drive
- Influences sleep and dreaming/purpose (waking up confused)
- When the liver is deficient there will be fear...
- Planning and direction (aimless wandering of the soul)

Hun Imbalance Symptoms...

- Anger
- Frustration
- Sighing
- Volatile Emotions
- Indecisiveness
- Judgmental
- Depression
- Tension & Stiffness in Muscles
- Sciatica, Chronic Migraines, Cramps

The Po (THE CORPOREAL SOUL)

- Po and Zhi vs. Shen and hun in brain regions
- Character composed of two parts (gui and white)
- Closely linked to physical body (organization of the body) – involuntary actions (breath, peristalsis, elimination)
 - our instinct of knowing -> our body responds psycho-somatically
 - our animal desires and obsessions (primitive brain – neuron response)
 - desire to live, pressing urges
- Easily startled
- movement, agility, balance and coordination
- Sphere of sensations and feelings – overly sensitive people
- Nourish lung/CS when nourishing essence – PRE-BIRTH vs POST-BIRTH

The Po continued...

- Hun and Po are complimentary (negentropic/expansion/vision vs. entropic/contraction/grounding)
- The CS allows the capacity of sensing, feeling, hearing, seeing, touching
- Breathing is the pulsing of the CS
- CS is centripetal/constraining (death) vs. ES is centrifugal/expanding (life)
- Pain Body – Po is the unconscious body (soma)
 - unresolved trauma sinks and slows qi, congeals and tenses

Po Imbalance Symptoms...

Grief and Sadness

Low self-esteem

Perfectionist

Trouble letting go

Self-Righteous

Issues with Authority

Tennis Elbow

Shoulder Complaints

The Yi – the Intellect

- The point b/w spirit and matter (take action)
- Character meaning – of heart and sound/musical note -
- Intention, clarity of thought, altruistic behaviour, integrity, grounding
- About sympathy/empathy

The Yi – intellect continued...

- Applied thinking, studying, focus, memorize, concentrate (explicit)
- Strong connection to the quality of post-natal qi and blood
- Spleen yang rises for cognition – phlegm and damp can inhibit this
- Explicit memories spleen – implicit memories heart and liver and kidney
- What difference between ES and Yi in terms of ideas?

Yi Imbalance Symptoms

- Smothering
- Neediness and Attention Seeking
- Worrying
- Obsessing
- Clingy
- Lack of sympathy
- Eating disorders
- Lack of tonicity
- Fibromyalgia

The Zhi – Will Power

- Most primitive unconscious body (the life force/the will to live)
- The pilot light of life, the flame of vitality
- Zhi has 2 meanings – memory, will power
- Wisdom, receptivity and STILLNESS
- Will-power is about drive, purpose, goals, enthusiasm, motivation and determination
- Xunzi – “Man from birth has the capacity to know things; this capacity has its memory (zhi). This memory is what is meant by stored away impressions”

ZHI Imbalance Symptoms...

- Fear
- Anxiety
- Panic Attack
- Phobia
- Multiple Sclerosis
- Low Back Pain
- Heart Muscle Failure
- Arthritis
- Knee Issues