

Week 29

OVERVIEW OF LECTURE

The spine and its affect on organs

The importance of activity

Fasting gives us rest

Half fasting

The development of disease and recovery process

Yin and yang food categories

THE LUMBER VERTEBRAE

Stimulating the spine affects the organs which then relieves the protective distortion of the spine.

Understanding the corrective spine movements will help you understand the effects of asanas.

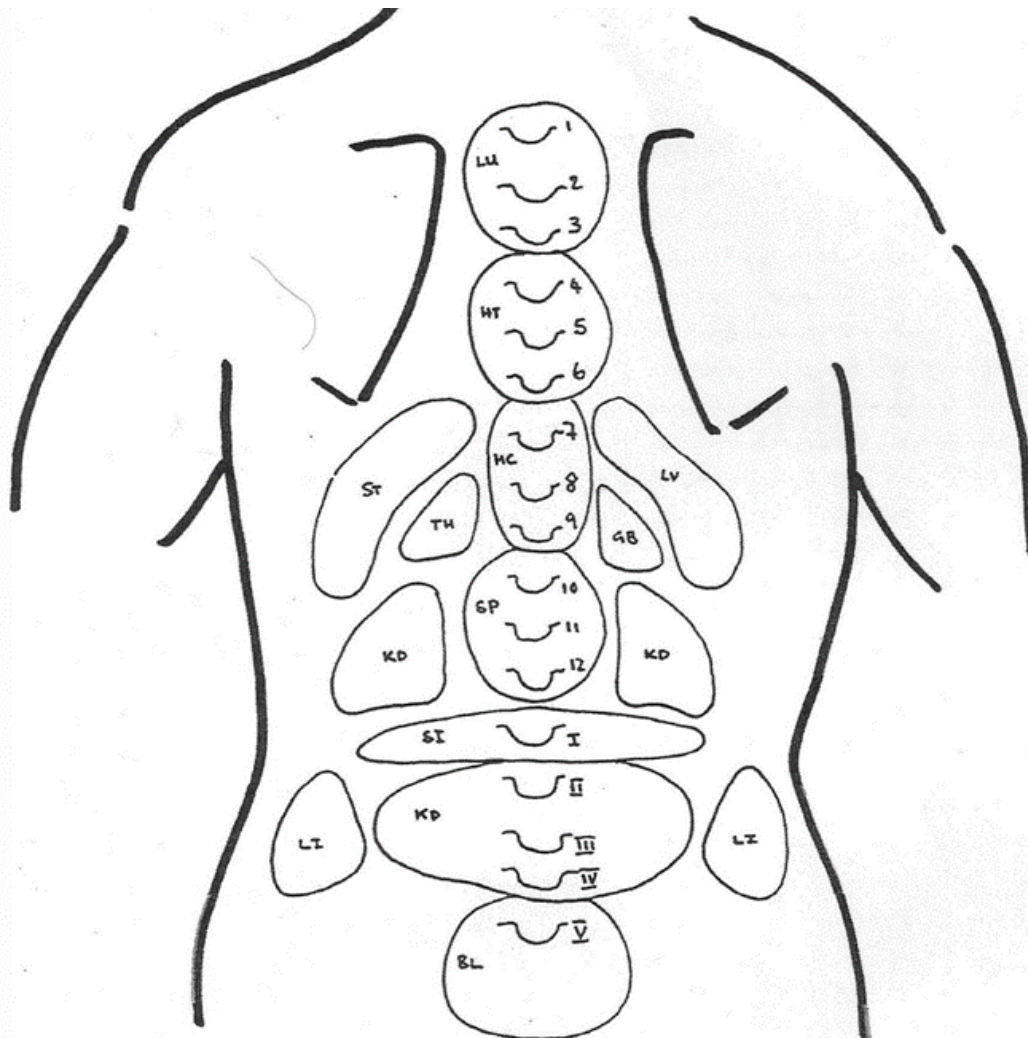
THE LUMBER VERTEBRAE

1. The hip muscle and intestine plus the eyes the bladder and fatigue recovery.
2. The liver, bladder, and stomach
3. The genitals, urethra, and pituitary gland.
4. The reproductive function, elimination ability, uterus, and legs
5. The bladder, sex organs, blood circulation in the legs, sciatica, and rectum.

RYOHO

WELLNESS

Training Program



LUNG ^{LU} / LARGE INTESTINE ^{LI}
 HEART ^{HT} / SMALL INTESTINE ^{SI}
 HEART CONSTRICTOR ^{HC} / TRIPLE HEATER TH
 LIVER ^{LV} / GALL BLADDER ^{GB}
 KIDNEY ^{KI} / BLADDER ^{BL}
 SPLEEN ^{SP} / STOMACH ST

THE IMPORTANCE OF ACTIVITY

YIN ELIMINATION

In the first few days we can expect to feel tired and sleepy. After this we feel lighter and stronger. And even with very small amounts of food we can do lots of activity. What is most important is to chew **VERY** well and take **VERY LITTLE** liquid.

The great fatigue that comes upon us with fasting is the body eliminating acids and other YIN toxins. These are the things the body wishes to eliminate first. The mouth is not considered inside the body nor are the stomach or intestines. We are the reverse of plants with our absorption on the inside. Creating the possibility of elimination through fasting allows the body to divest itself of the unwanted and dangerous YIN components. ACTIVITY NEUTRALISES YIN.

Some of the reactions you can expect are Tiredness, Sleepiness, Cold and Negative and or Depressed Mental State and even wanting to kill yourself or run away but can't be bothered. YIN reactions rise and come out of the body like bad breath, sticky/dry taste, gasses, and liquids. If you feel like vomiting, then you should! Don't hold it down. As you might have noticed YIN rises up out of the body naturally and creates problems in the top part of the body. And the top left-hand side of the head being the extreme. Weak stomach or intestines release toxins in the form of yellow phlegm or runny nose. Strong yellow urine first thing in the morning is also a sign of excess YIN. The tip of the tongue shows the stomach and upper digestive organs. The root of the tongue shows the lower digestive organs and intestines. The top lip shows the upper abdomen, the lower lip shows the lower abdomen. If the top lip is pale then the stomach is weak, if it is red or swollen then the stomach is over-active, and the lining is inflamed and swollen. If the bottom lip is dark, there is old stagnant faeces in the intestine. If they are cracked and bleeding, then the intestines are cracked and bleeding. If the bottom lip is red and dry, then the intestines are inflamed from too much oily food. During fasting, the colour changes from the middle outwards. Not only does activity help generally to disperse and neutralise the acids and YIN chemicals that are creating these negative feelings, but it also helps to access the areas that require most attention.

What you as a person going through fasting should understand is that the exercises and activities that you find most difficult are the ones that require you to use the parts of your body that are lacking blood flow and require stimulation. Through stimulating these parts of the body, the bad condition can be eliminated quickly, and the bad feelings neutralised quickly.

A lack of blood occurs due to fasting and activity is very important to raise blood pressure and stimulate blood flow through the intestines.

YANG ELIMINATION

Quickly followed by the excess Yin elimination will come the YANG elimination from the Yin parts of the body. This will or can be associated with feelings of edginess, irritability, easily angered, restless, nervous, hard to sleep or waking in the night. Heat in the body and often around the front of the head, stiffness in the shoulders or back, skin problems and a heavy feeling from the hips down. A dark colour might come to the hands or feet. Excessive YANG toxins are released from the lower body. The digestive system becomes filled in the lower part with these poisons reflecting on the tongue as a yellow colour. A worse condition shows as brown, and a very serious condition shows as black. Some of the more serious diseases from long term YANG conditions are Gout, Varicose Veins and Menstrual Disorders. Even though YIN problems are more dangerous because they are closer to death, YANG problems are harder to cure because they are localised, and specific treatment is required.

Children are more YANG, more active, therefore they tend to injure knees, toes and legs. As we get older, we tend to hit stomach, chest and arms. Older still we start to hit the head or face. Nowadays of course we have very YIN children, and the general analogy doesn't hold true. People who drink lots of alcohol or eat lots of sugar are very attracted to precipitating situations that lead to head injuries. Generally speaking you'll have YIN reactions during the DAY and YANG reactions during the NIGHT. We do not ignore these reactions but style the medicines and the Yoga around these reactions and make available to the body the possibility of eliminating further.

FASTING GIVES US REST

The purpose of fasting is to clean out accumulated toxins. We take in nutrition and need to eliminate the unwanted. Every day we eliminate through urine, faeces, respiration, perspiration, heat, emotional and vibrational energy. Even so we do not completely eliminate toxins to varying degrees due to consuming refined products and an unbalanced lifestyle. Then accumulation occurs. Some disease develops.

Excess toxins show through in many ways:

- HEAD as dandruff
- NOSE as mucus, snot.
- EYES as pus
- MOUTH as phlegm or bad breath
- SKIN as rash, freckles, pimples, moles, colour (redness in face or hands)
- EMOTIONAL Chaos

It can also show up as stiffness in different parts of the body reflecting excess energy etc.

Traditional methods of fasting involved using lots of water and washing away the toxins however this is a method that will only cleanse the surface level of toxin.

Strengthening the blood and reducing food intake is the secret.

Eating only the foods that rejuvenate blood and reducing food intake at the same time will result in miraculous cures of long term and acute illnesses. Even so, the goal of fasting is to reassess, recalibrate and stabilise for the coming year. New beginnings are initiated by an act of spring cleaning.

Blood circulates all over the body. It carries nutrients, oxygen and the toxins. If blood quality is clean and of good consistency it would naturally cleanse the body of toxins on all levels, structurally and energetically.

HALF FASTING

The purpose of HALF fasting is to cleanse the blood. Trying to clean something with something that is dirty will just move the toxins around and perhaps create or deposit more toxins in organs. If we have thin blood then it will not have the strength to move the deep toxins.

The process of correct fasting is based on –

1. Eating the correct food

The correct food will provide good quality blood to move deep toxins. Like clean water rinsing a dirty rag.

2. Eating very small amounts of food

Small amounts of food will allow the body the space to operate efficiently without being burdened by excessive amounts of food. Even good food, when consumed in excessive amounts can become harmful. In fasting small amounts of food are essential to provide strength for elimination.

3. Chewing extremely well

By chewing very, very well we can stimulate the elimination process and absorb food efficiently and completely. More complete absorption leads to more complete elimination.

4. Having very little liquid

By having the minimal amount of liquid intake during fasting blood does not become diluted and overall contraction of the body contributes to elimination.

5. Strong physical activity

Stimulates the stiff parts of the body where physical accumulation and mental congestion would otherwise not be accessed.

We arrive at a point at the end of fasting that is little understood and yet the most important. What we eat at the end of the fast how we act and think sets the pattern until the next fast. Have you ever felt you are not yourself? Of course. Gentle regulated fasting with the appropriate guidance in fasting recovery strips away the unwanted and supports and nurtures the true self. the most glorious and worthy thing you can be is your true and absolutely unique self.

THE DEVELOPMENT OF DISEASE AND THE RECOVERY PROCESS

"It is important not to wait for others to give you an opportunity" Urata Sensei

75% of strength and health is mental state (Yin) This is balanced by body strength (Yang). Mental state is the beginning point of something. Body state is the end point of action and nurturing.

There are Seven Stages of Illness

1. FATIGUE, OVER-EATING, COLDS AND FLU'S

Leading to congestion which creates the second level of illness

2. PAIN, STIFFNESS, BACK PROBLEMS, HEADACHES, CIRCULATORY PROBLEMS

Leading to poor blood flow which creates the third level.

3. IMPURITY OF BLOOD, GYNAECOLOGICAL PROBLEMS, STOMACH PROBLEMS, INTESTINE PROBLEMS, VISION DISORDERS, BLOOD- SUGAR DISORDERS

Leading to poor, poisonous blood and mineral depletion which creates the fourth.

4. NERVOUS SYSTEM DISRUPTION, RHEUMATISM, ARTHRITIS, NEUROSIS, SCHIZOPHRENIA, BONE DISORDERS.

Leading to organ displacement which creates the fifth.

5. LIVER KIDNEY AND HEART DISEASE, CANCER AND TUMOURS

Leading to lack of self-perspective which creates the sixth.

6. ABNORMAL PERSONALITY, PESSIMISM, WORRY, IDLENESS, INFERIORITY COMPLEXES

Leading to lack of self-respect which creates the seventh.



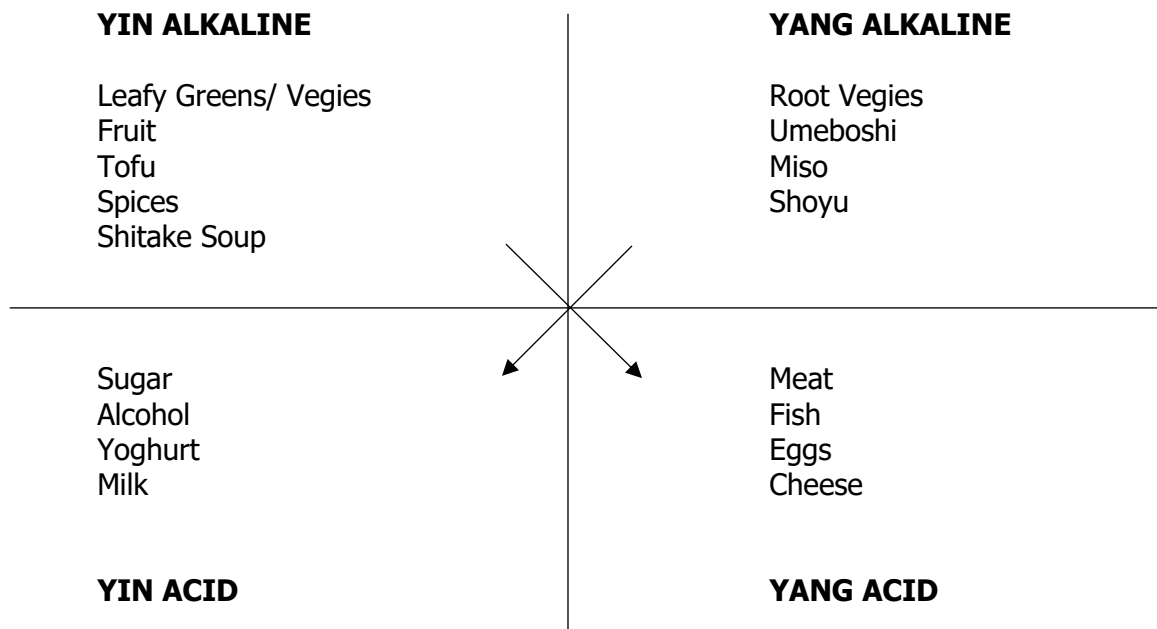
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7. ARROGANCE, GREED, IGNORANCE, NO TOLERANCE OR GENEROSITY, NO FEELING ANXIETY, SUICIDE, OBSESSION, LACK OF APPRECIATION, DEPENDENCE, DESPAIR, EGOCENTRICITY, EV AD ING OR SHIFTING RESPONSIBILITY.

Depending on your environment not all these symptoms might show at each level due to elaborate avoidance or support systems available. Any kind of illness takes a long time to develop. There is no such thing as a quick remedy. It is only possible to take responsibility for yourself by performing an act. A response is created which will allow you through its manifestation and its support to take more responsibility. The sixth and seventh levels of illness are very difficult to change unless external support systems are removed for example, co-dependency in alcoholism. Despair, egocentricity, lack of courage, are not obvious in a non-challenging environment.



YIN AND YANG FOOD CATEGORIES



YIN AND YANG FOOD CATEGORIES

EXTREME YIN	YIN	NEUTRAL	YANG	EXTREME YANG
Nightshades	Yeasted Bread	Brown Rice	Root Vegies	Meat
Potatoes	Leafy Greens	Wheat		Fish
Fruit	Beans	Adzuki Beans		Eggs
Spices/Herbs	Dried Fruit	Pumpkin		Cheese
Seasonings	Nuts	Seaweed		Salt
Sugar	Milk	Sesame Seeds		Miso
Alcohol	Tofu	Sesame Oil		Shoyu
MSG	Vinegar	Bancha Tea		
Soy Milk				
Honey	Tahini			
Oil				
Rice Malt				