

Empty / Full or Deficient / Excess *Comparing Traditional Chinese Medicine with Zen-Touch™*

In Chinese medicine a *deficient* movement, organ, meridian or area describes a lack of chi-life force, a scarcity of metabolic substances or diminished body functions. Any or all of these contribute to compromised health. For example, *fatigue*, a symptom associated with lack of energy, can be connected to any number of physical factors such as low red blood cell count or blood sugar levels.

Excess means that an organ, meridian or area is exuding an overabundance of Chi/ Life force at the expense of the body's overall health condition. For example the heat exuding from a *liver excess* often dries out necessary body fluids that could result in a kidney and fluid deficiency. Both of these words describe *quantitative* measurements that also affect the *quality* of our health condition. As well as experiencing heat and dryness, someone experiencing liver excess often exhibits a frustrated attitude. One possible protocol to harmonize this condition would be to tonify (supplement) the deficiency and sedate or disperse the excess. This quantitative therapy regulates both physical and energetic (personality behavioral) imbalances.

In contrast, the term *Empty* so often used in Zen-Touch™ refers to a state where a movement, meridian, organ or area is calling for attention, similar to a magnet that attracts charged particles towards it while a *Full* condition repels or pushes away.

Both *Empty* and *Full* have energy. It is their quality and the direction of attention they seek that differ.

When someone desires fame, attention and laughter, the various *Heart* indicators (meridian or assessment areas) may reveal an empty/ calling for attention quality when palpated. This attitude may also be accompanied by physical heart symptoms like distortions in blood pressure or a fast heart rate. In Chinese medicine, *excess* usually goes hand in hand with a fast pulse while a slow pulse is usually associated with deficiency.

One of the differences between TCM and Zen-Touch™ that distinguishes *empty* from *deficient* and *full* from *excess* is that the correlation of physical symptoms to *empty* or *full* are inconsistent.

The same heart, pulse and blood pressure symptoms could reveal a full/pushing away quality or an empty/calling for attention quality. Two people experiencing the same symptoms or life style could exhibit empty or full conditions. Instead of using the terms *empty* or *full*, it might be more accurate to say that an area is attractive or repulsive. In our Liver excess example, Jack and Jill may both have the desire to spontaneously rise up the hill to fetch a pail of water. But the reason Jack fell down and broke his crown and Jill came tumbling after could be linked to either empty or full liver conditions.

In Zen-Touch™ our assessment and therapy protocols can include both quantitative and qualitative applications.

Quantitative

We can assess where there is a deficiency of energy (little or no movement when touched), hold with one hand, (mother hand nourishing the kidneys) while holding an area of excess (high level of activity) with the other (son thumb dispersing the liver). The bridge we provide may illicit a balancing response where the excess diminishes and the deficiency fills up creating a less extreme expression of balance.

We can also recommend foods exercise and lifestyle that will augment the deficiency and disperse the excess. Hot water with lemon and fresh greens could be recommended to disperse the liver excess and the application of a ginger compress can tonify the kidneys.

Qualitative Approach

Most importantly in Zen-Touch™ is *how* we touch the person. We can initiate a quality that seems to harmonize or more specifically complement the distortion they are presenting. If the liver meridian reflects an agitated, hot and pulsing feeling then it is the option of the practitioner to

- 1) hold a neutral space that serves as a reflective reminder for the client to reestablish balance.
- 2) Apply *meridian mirroring* a type of energetic empathy where we hold a space that parallels something like what the meridian feels like (agitated, hot and pulsing) followed by a complementary mood or attitude (calm, cool and flowing) that reflects to the client a direction they can move in to achieve better balance.

This approach points out another major difference from TCM.

In any ZT protocol we have no agenda, expectation or desire to *treat* the imbalance.

Where she is at may be absolutely perfect and who are we to say we know what is good for someone. Manipulating a client based on our personal opinion would be interfering with the client's chi. Through our touch, we point out the condition and if the client has the motivation to change then he will self adjust. We simply support our clients through their own changes. This style of facilitation educates the client's body to recognize extremes and change or regulate them as needed.

If we manipulate the change then our clients will become dependent on treatment instead of being empowered to heal themselves.

For those of you who practice Zen-Touch™, Hold empty or full areas and determine whether they are deficient in energy or attracting. Is the Full area pushing us away or excessive in the chi you feel under your hands.

**Empty Desires - Deficiency Requires
Full Resists - Excess protests**

Interrelationships of the 5 Movements/Elements

Because *Empty* or *Full* describes the quality of a movement organ or meridian, Nourishing, Regulating and Inhibiting can relate to the quality of a movement affecting another. e.g. Flowing, water/dream nourishes Rising, tree/new activity. Here, the quality (cleanliness, and vitality of the water) helps the tree to grow...or Hyperactive, Radiating Fire /flamboyance inhibits Orderly, Gathering metal/ completion. Ideally, both the Quantity and Quality of a movement/element are appropriate and in turn nourish or regulate the other movements. When the Quantity (Excess or Deficiency) or the Quality (Empty or Full) is off, we will experience a challenge that signals us to reestablish a better/healthier life experience.