

Guiding Principles of Energetic Healing

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Yin	Yang
matter night dark earth passive consolidating sinking contraction nourishing full interior cold/damp lower body solid organs generates	energy day light heaven active dispersing rising expansion stimulating empty exterior hot/dry upper body hollow organs transports
Energetic Properties of Herbs	
Tonics	Activators
therapy for chronic conditions long-term use food-like slow acting nourishing moistening replenish and consolidate Qi sedating/energizing internal/deep nourishing deficiencies usually cool, warm or neutral	therapy for acute conditions short-term use drug-like fast acting stimulating astringent disperse and move Qi energizing/sedating external/superficial managing symptoms usually warm, hot or cold
Energetic Properties of Disease	
Chronic	Acute
constitutional weakness develops over a long period of time lingering recognizable <i>pattern</i> of disharmony organ dysfunction lethargic internal or external symptoms from internal causes internal deficient	trauma induced quick onset resolved quickly big, dramatic symptoms infection or inflammation manic external symptoms that may penetrate rapidly external excess