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How to Use the Organ Guides

Treatment techniques based in Chinese medicine



How to Use the Organ Guides

Practising the Hayo'u Method is a basic daily level of health maintenance, like brushing your teeth. You are responsible for it, you do it every day and it maintains your basic dental health.

Niggling issues such as poor sleep or digestion are the equivalent of bleeding gums. At this point, you might see the hygienist for a little help. This is when you employ the quick fixes in our guides.

However, you may already have an illness or health problem. To continue the tooth analogy, if you had a toothache, you would go straight to the dentist. At this point, I'd recommend that firstly you consult a doctor and possibly also seek further outside help, from an acupuncturist or bodyworker. You can always email us for advice on alternative practitioners. Additionally, however, there is also more work you can do yourself. This is the stage at which you employ the advice on how to make deeper shifts.

The more pronounced the symptoms, the more work you have to do – if the deeper shifts don't take place, you get stuck. There is only so far you can go with a series of quick fixes.

Is a lifestyle full of stress, toxic environments, bad air quality, long commutes, sick children – am I describing your life? If that's what is going on, you will need to put more effort in to support your body to maintain your health. You have to try and make time in your working week to put these deeper suggestions into practice. At the end of the day if you have ingrained pathologies, then in isolation, walking in nature or holding a rose quartz crystal is not going to get you the desired results. You need to deepen your practice to get the body back into balance. Deeper work at an integrated physical, emotional and spiritual level is required to make a meaningful difference.

Chinese medicine has a sophisticated understanding of how the body works physically and emotionally, but also energetically and spiritually because it says you are all of those things combined.

So, you can add to the basic Hayo'u Method by paying more attention to your whole self. A good way to imagine it is as a pyramid of health – comprising the physical, emotional and spiritual.

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You have to connect all three aspects because they are all important. This is the full picture of what it takes to master your health. Once you have all these elements in balance, you'll be healthy.

When we are in balance the body, emotions and spirit can operate simultaneously and influence each other.

For example, in Chinese medicine food contains qi (energy). So what you put in your body has a direct effect on organs, which in turn has a direct effect on your emotions, which affects your spirit. It also works the other way – your spirit affects your emotions, which affect you physically.

So easing the spirit will balance your emotions, which will relax your body.

This is an updated version of that old premise: body, mind and spirit. Body-mind and spirit implies that our emotions are in the mind. But the true definition is physical, emotional and spiritual: all of which are housed in the body. Once we make that shift, we can treat ourselves in a myriad of simple ways.

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Physical

How you breathe, what you consume, how you move, your toxic load; these can all be adapted to ensure you are looking after yourself physically. In addition to the Hayo'u Method, there are specific breath, exercise and massage techniques you can use to support each of your organs. For a wealth of advice and information, follow founder @katie_brindle on Instagram.

Emotional

How you feel emotionally has as much as a physical impact on your body as anything else. Chinese medicine fully understands that emotions are not in the mind but housed in the body – and we feel our emotions all the time! Each of our organs are responsible for specific emotions. So your inner voice, how you feel emotionally, is quintessential to balancing your body.

Spiritual

Finally, you need to integrate the spiritual practice. To work on cultivating what we call the 'higher emotions', like benevolence and compassion. Most people now find spiritual enlightenment via a yoga mat. But, this is the truth that we are searching for. This is that gap in the knowledge that you need to know and this is what Chinese medicine has been teaching for thousands of years.

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Why we treat via the organs

Any symptoms of ill health will always relate to one of the 5 key organs we consider when we are treating in Chinese medicine. These are Heart, Lung, Liver, Stomach/Spleen and Kidney.

Depending on what your symptoms are, it will usually indicate to us an imbalance in a specific organ. For example, palpitations are concerned with the heart.

An energetic imbalance does not mean you have a dramatic health issue. In this aspect of Chinese medicine, we are about prevention not cure. And that means reading the subtle signs and symptoms of the body daily. Imbalance starts at an energetic level and you rectify it at an energetic level.

The more serious the symptoms, the deeper the imbalance. If the symptom is mild – e.g. low-level anxiety before a meeting or mild rosacea after a glass of red wine, the imbalance will be easier to rectify.

Heart imbalance does not mean heart disease, it is a subtle signal that your body is not in balance and the strain of that is impacting your heart energy, which may eventually lead to an issue over time. In the first instance, it could be felt as low level anxiety, occasional palpitations or a lack of desire to socialise. We look for the low level signs to stop things getting a foothold in the body and causing a greater problem further down the line.

Use low levels symptoms as a barometer of your wellness. Address them to keep the body healthy and they are much less likely to become a deeper issue. This is the principle behind yang sheng and self-care.

Our Organ Guides cover everything you need to support the organs: physically, emotionally and spiritually.

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Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Buy Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

[KBL Cellulite and Stubborn Fat Masterclass](#)

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

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