

Chinese Medicine and Fear

Description



Photo Dave Imms

As we begin to slowly and gently emerge from our winter cocoon, there are a few things to consider when it comes to our health and mental wellbeing.

In Chinese Medicine, the Winter season is the most Yin of all the seasons. It is governed by the Element of Water, which embodies deep stillness and ultimate reflection. This time of year can feel slow and intense so the urge to push ourselves beyond what is needed is strong. Spring doesnâ??t start in Chinese Medicine until March 20th, so this reminds us not to rush our emergence from the darker months.

Each season in Chinese medicine has organs, an emotion, smell, colour and sound that are associated with each transitional phase of the year. Winter is connected with the Kidneys and Bladder which govern our essence, energy levels, our sexual organs, sexual appetite & urination. The emotion for Water is Fear; primal fear to be specific. This is the drive to survive. The colour associated is blue, the smell is putrid and the sound is groaning.

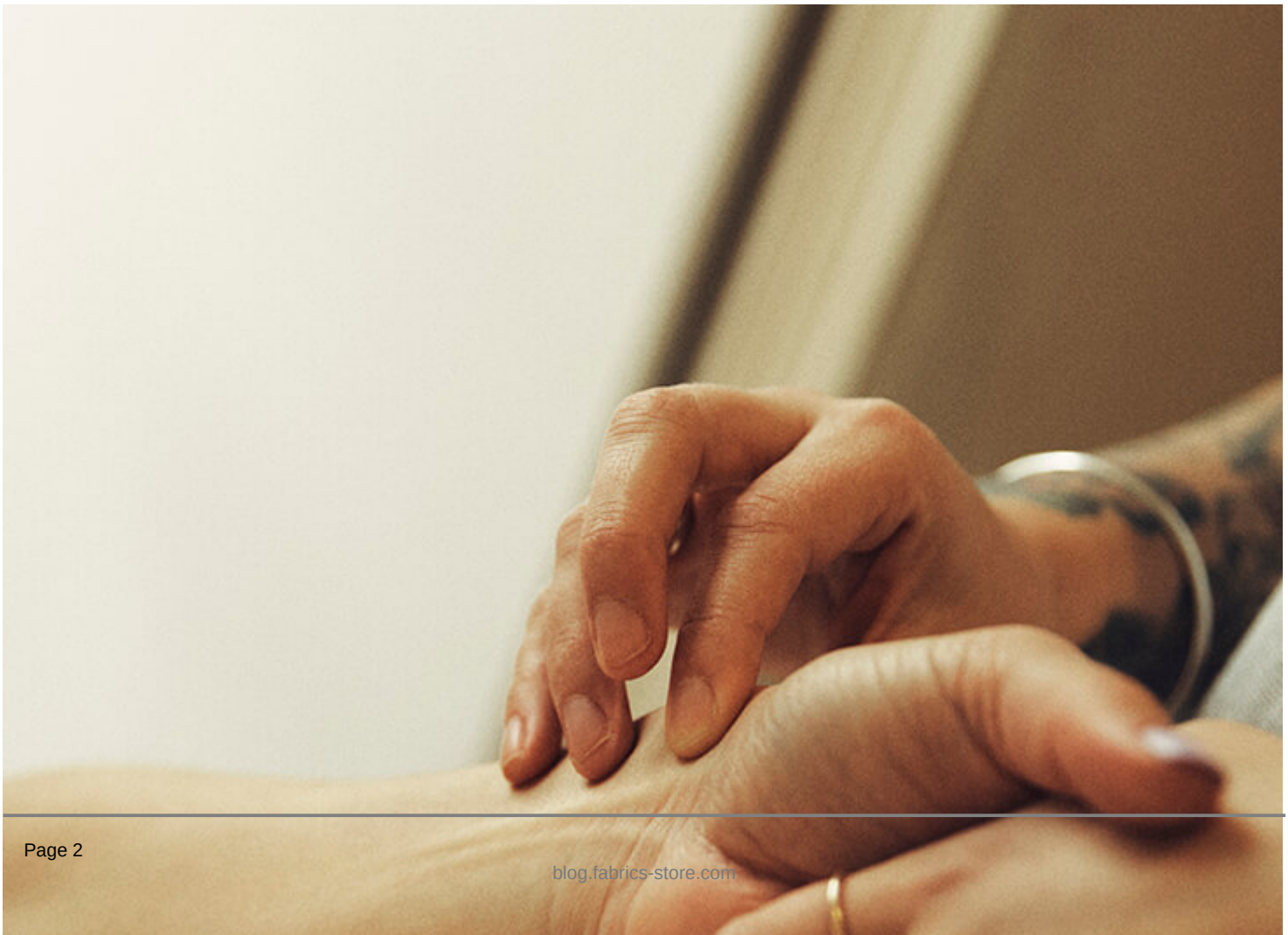


Photo Dave Imms

If we consider that the Kidneys and Bladder which are also very much intertwined with the Adrenal Glands, the concept of â??fearâ?? being heightened during this time feels significant and poignant. When we are forced into fight, flight or freeze due to our everyday lives, this can drain our kidney energy over time. If this is your default setting, the chances are you could be stuck in a cycle of fear â?? adrenaline â?? kidney depletion â?? fear â?? adrenaline and so on. The stronger our Kidney energy is, the easier we will find it to balance our fears & our nervous system.

The Adrenals sit just above your Kidneys and are in charge of distributing hormones throughout the body that regulate a number of systems. These systems include your blood pressure, response to threats/stress (adrenaline & cortisol), immunity and they also produce hormones such as oestrogen/androgens.

With our recent experiences during the pandemic, we have clearly witnessed the importance of our self-awareness of our bodies and experiences. The greatest tool we can use at any time is our ability to â??tune inâ?? to what our bodies are communicating to us. This is a type of reflection that the Water element encourages us to do.

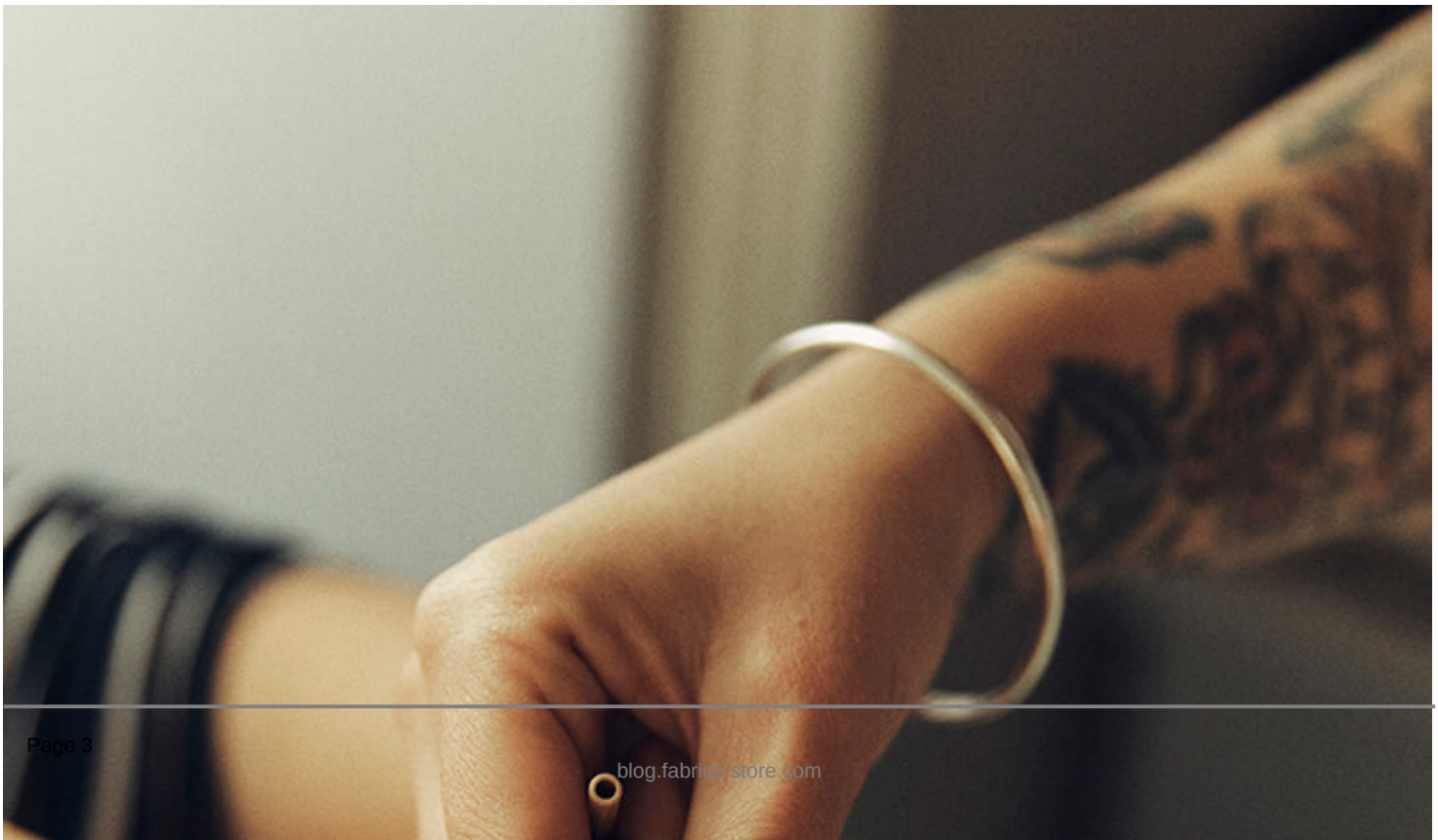


Photo Dave Imms

Even though the pull to rush around and regain a sense of normality is palpable, we very much need to be considerate of our Kidney energy. By tuning into our bodies, we can consciously make changes to support ourselves. When it comes to feeling fear or in being adrenalised, different parts of our bodies with often communicate with us; whether you feel it in your stomach, your heart space or maybe it can even make you need the toilet more. These markers will teach you how to recognise when you need to stop and recharge your battery pack.

By cultivating kidney energy, we can be prepared for the next season of Wood, in which expansion and growth is expected. We can strengthen our kidneys through energy building exercises such as Qi Gong and Tai Chi, powerful energy balancing medicine such as acupuncture and acupressure and just by taking the time to stop, regroup and find joy.



Photo Dave Imms

If we consider the opposite of fear is safety and courage, before you feel that maybe things may become out of control, tune into what makes you feel safe and access your well of courage to embody containment and stillness.

CATEGORY

1. COMMUNITY
2. WELLNESS

Category

1. COMMUNITY
2. WELLNESS

Date Created
February 20, 2022
Author
maudie-evitt