

In *Aspects of Spirit* Elisabeth Rochat de la Vallee explores the concept of spirit and its relationship to the development of human consciousness through the classical Chinese literature. Beginning with a section on hun and po (the yin yang aspects of the human soul), moving on to jing shen (vital spirit), and concluding with yi and zhi (intent and will), each section examines the characters for each term, followed by examples of their usage in the classical philosophical texts and concludes with a study of their specific application within the medical texts of the Huangdi Neijing, Suwen and Lingshu. Because of her intimate knowledge of both the medical and philosophical texts of this period, Elisabeth Rochat de la Vallee is uniquely placed within the scholarship of classical Chinese medicine. We are very fortunate that she has brought the depth of her understanding and insight to this fascinating and often misunderstood subject. There has been much debate in recent years concerning the treatment of the spirit within Chinese medicine. This book establishes a firm grounding for that discussion, as well as providing inspiration for our own spiritual cultivation.

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ASPECTS OF SPIRIT: HUN PO, JING SHEN, YI ZHI IN CLASSICAL CHINESE TEXTS By Elisabeth Rochat De La Vallee ****BRAND NEW****. eBay!. Hun and po are types of souls in Chinese philosophy and traditional religion. Within this ancient soul dualism tradition, every living human has both a hun spiritual, A wheelwright sees Duke Huan of Qi with books by dead sages and says, what .. Hun ? is associated with shen ? spirit; god and po ?with gui ? ghost;.

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with Thea Elijah. Shanghai University of Traditional Chinese Medicine, Shanghai, China The term shenzhi means 'spirit-mind' and refers to the five spirits (shen, hun, po, yi, zhi) of early of the five spirits (wushen) governs certain aspects of mentality and is closely related to medical canons.^{2,6} Whilst contemporary TCM texts employ a. Discover more on harmonising the Five Shen (Spiritual Qi) and how Each Yin organ 'houses' a particular spiritual aspect of a human Mind (Shen) “ Heart; Ethereal Soul (Hun) “ Liver; Corporeal Soul (Po) “ Lungs; Intellect (Yi) “ Spleen medical texts of the Yellow Emperor Internal Classic in BCE. This will be based on classical texts and on my own thoughts and clinical experience. are the Shen, Hun, Po, Yi, and Zhi residing respectively in the Heart, . I translate as “œSpirit“• the complex of all five mental-spiritual aspects of a . Forms life (but also with Po) from the union of the Jing of the parents.

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