

# Forum of Whole Health - Class #3 - Emotional Diagnosis with the Five Transformations

## Emotional Diagnosis

We're ready now to explore more fully the Five Transformations, particularly focusing on issues of health and recovery. One of the best ways to determine the condition of your own organs is by paying attention to emotions. If you experience a particular unwanted emotion on a regular or chronic basis, it's fair to assume that there is a dysfunction of some kind in the associated organs. We'll discuss conditions and solutions.

Wikipedia: "Emotion, in everyday speech, is any relatively brief conscious experience characterized by intense mental activity and a high degree of pleasure or displeasure...For example, the realization of our believing that we are in a dangerous situation and the subsequent arousal of our body's nervous system (rapid heartbeat and breathing, sweating, muscle tension) is integral to the experience of our feeling afraid...Emotion is also linked to behavioral tendency. Extroverted people are more likely to be social and express their emotions, while introverted people are more likely to be more socially withdrawn and conceal their emotions."

## THE 5 EMOTIONS

There are five basic emotions, which resonate with our body energies at a very deep level. In moderation these emotions act as motivational energies that stimulate the corresponding organs and keep them and us healthy. In excess they negatively affect body organs. Negative emotion is your indicator of resistance, while positive emotion is your indicator of allowance.

### ANGER

Correspondences with our Senses:

- Tree (Liver) – corresponds with our Eyes

Anger relates to the wood element that includes the organs of the liver and gall bladder, the muscular system and the immune system.

Anger is a person's natural response when threatened or provoked. Anger, usually expressed in work and life stresses, is rarely used creatively. When anger is in a state harmful to the body, it can weaken and break down the immune system. We particularly have difficulty fighting off viruses. The constant stress associated with anger can cause problems like headache, insomnia, high blood pressure and stroke. Long term suppressed anger can also lead to the formation of gallstones (condensed anger) and migraine headaches.

The liver is associated with our ability to plan and make decisions. When one is in a state of chronic anger his / her decision making abilities are diminished. We are 'livered' and cannot think straight. Generally a loss in quality of life occurs as we are attracted to violent situations as a way of releasing this emotion.

Anger has been used as a motivating force and a means for survival i.e. in battle or hunting. It's positive expression is righteous anger for a cause. Some studies have shown that anger can lead to self-examination of our own faults and can actually motivate change.

## FEAR

Correspondences with our Senses:

- Water (Kidneys) – corresponds with our Ears

Fear is the emotion of the water element with specific relation to the kidney and bladder organs, the central nervous system, reproductive system, and endocrine system. Fear is a survival mechanism when there is a threat of pain or danger and a necessary emotion as it provides the 'fight' or 'flight' response necessary for survival.

Fear is only harmful when it paralyzes you and causes inaction. A typical state of chronic fear is a perpetual reaction to the world around us with feelings of being overwhelmed and unable to cope. This can include fear in coping with our relationships, health, job or finances. These reactions may implode internally, creating ticking 'time bombs.' We produce a mask (keeping up a front) for the world to see while inside the fear of handling difficult situations is damaging our nervous system. We literally scare ourselves to death! Anxiety? PTSD

The saying, maybe considered a cliché but held valid, "Face your fears; live your dreams." Instead of getting paralyzed, conquer your fears and use them to push you beyond your limits. Using this emotion can awaken hidden resources you didn't even know were there.

## GRIEF

Correspondences with our Senses:

- Metal (Lung) – corresponds with our Nose

Grief relates to the metal element, specifically the lungs and large intestine. Imploding grief—i.e. grief that is not expressed in a healthy manner—will often manifest itself as fluid on the lungs and can lead to chronic or acute lung disorders, which impair our breathing. Our ability to breathe properly determines our overall health:

נשמה | נשימה Breath = soul;

Inhalation allows scanning of higher frequency energies, i.e. emotional, mental, spiritual. Exhalation allows scanning of lower frequency energy i.e. mainly the physical body (skin, bone, muscle etc).

[Breathing exercise]

## WORRY

Correspondences with our Senses:

- Earth (Spleen) – corresponds with our Mouth

Worry/control affects the earth element that relates specifically to the stomach, spleen & pancreas. The effect to the stomach, particularly of intense worry, is one of acidity and ulcers. We are unable to digest and process life's situations. Also the pancreas cannot produce the required amounts of enzymes that enable proper digestion of food. This in turn can lead to sugar handling disorders as regulation of glucose levels in the blood becomes irregular.

## JOY or PASSION / SADNESS

Correspondences with our Senses:

- Fire (Heart) – corresponds with our Tongue

Joy is the energy of the five transformations that affects the heart, circulatory system and small intestine. Joy has a positive effect on the overall Body / Mind, but too much is disruptive.

When joy is absent it manifest as sadness. This 'heartache' is depression, as opposed to grief, which is sorrow over something specific. Chronic sadness affects the heart, arteries and veins and can impair the absorption of food and emotions through the small intestine.

The positive side of grief is that it makes a person realize how short life really is. This can give more focus and a renewed vitality in achieving one's goals.

## GUILT; JEALOUSY/ENVY

Both of these emotions are combinations of the 5 basic emotions:

Guilt is a combination of anger with worry.

Jealousy/Envy is anger and fear combined. It is often fueled by low self-esteem. This is the resentful emotion that lurks within a person who wants something other people have. The negative side of envy is that it can cause you to wish misfortune on others.

Instead of dwelling on malicious thoughts, it would be more beneficial to use this emotion as motivation to be more productive. Many prominent people and tycoons acknowledge envy as an essential catalyst in building their financial empires. Envy has also been credited by some philosophers as the driving force behind political concepts such as social justice, equality, and democracy.

## SPECIAL SECTION:

### Rambam's Five Faculties of the Soul

There is a striking parallel between the five parts of the soul according to the Rambam and the model of the five elements in traditional Chinese medicine.

Although the soul is one, the Rambam divides it into five virtual parts or faculties as did Aristotle.

The following are the five aspects of the soul according to the Rambam and my own interpretation of the corresponding organs:

- Ha-Zan הזן – the first, nutritive part of the human soul. This part runs parallel with the physical soul, or the “growing soul” in the manner of the division of the soul by physicians. This part controls the physiological systems of the human body. —Spl/St (nutrition)

- Ha-Margish המרגיש – the second, perceptive part. This (is not the part which in our era is referred to as “emotions,” but) refers to the five well-known senses: seeing, hearing, tasting, smelling and touching. —Metal (practical, real)

Ha-Medammeh המדמה – the third, imaginative part. In this part the Rambam also included memory, which is at the basis of imagination. —Kds

Ha-Mit'orer המתעורר – The fourth, appetitive part relates to the realm of feeling and sensations. It starts operating when dealing with emotional matters.

“The appetitive is that faculty by which a man desires or loathes a thing, and from which there arise the pursuit of an object or flight from it, inclination and avoidance, anger and affection, fear and courage, cruelty and compassion, love and hate and other similar psychical qualities.” – Liver

Ha-Maskil המשכיל – This is the fifth, rational part, the ability to engage in metaphysical ideas. The Rambam sees it as the part where things come together. By means of this faculty, “man knows things as they really are and which, by their nature, are not subject to change.” This view is based on the philosophy of Aristotle that everything existing in heaven and beyond, is eternal. Metaphysics (literally: beyond nature) is the title of the book of Aristotle, which he wrote after his book Physics (nature). The book Metaphysics deals with matters beyond nature. By this is meant the things existing in the celestial orbs, the stars, the souls and deity. —Heart

Homework:

Prepare a dish focusing on your own element and the one immediately before it for next month's potluck. For example, as a Tree person, I would focus on foods from the Tree and Water transformations. Hmmm...what foods are sour and salty?? Aha! Pickles!