

Week 12: Restoring Earth's Energy

According to Chinese Medicine, the practice Restoring Earth's Energy relates your Post-Heaven Essence, and is associated with the Earth Element. As such, it connects to the energy of the Stomach and Spleen.

Pre-Heaven Essence is related to your Kidneys and is gathered at the time of conception between your parents, environment and God. It predetermines how long your life will be. As you age, this essence is naturally reduced. Increased stress, burning the candles at both ends, and toxins taken into the body will increase the rate at which pre-heaven essence declines. This essence also determines how well one is able to recover from stressful situations and establishes the underlying energy a person has to ward off disease and increase the quality of life.

One of the ways to keep this life essence from diminishing so quickly is by observing what you put into your Stomach, which relates to our Post-Heaven Essence. This means being aware and selective of the types of foods you eat, eating according to your element type, as well as eating according to the seasons.

Our Stomach Qi naturally starts to decline at age 45 for both men and women, therefore it is important to pay attention to the above recommendations as well as to be mindful while eating. Don't stand or walk when you eat, chew your food deliberately and slowly, don't engage in intense conversations or arguments, and try to avoid watching TV while you eat.

Avoid ice cold drinks! Drinking ice water or cold water interferes with the process of digesting food, as it causes your blood vessels to shrink. This can slow down the process of digestion and cause the food not to digest properly, which can lead to the nutrients being lost or not absorbed by the body. You can catch a cold and other illness more easily because it decreases the function of the immune system, in which the Stomach and Spleen play a key role. This happens because the coldness injures the Spleen, creating excess mucus in the body. Drinking cold water also slows the function of the heart.

The Stomach and Spleen are most active between 7-11 am therefore your largest meal of the day should be at this time. This is the time of the day when the Yang energy is rising. It is also the time of day when you'll be able to derive the most nutrients from the food you eat.

With this Qigong practice, we are mindfully gathering Earthly energy and pulling the breath and Qi into the Middle Burner. This helps to restore balance and harmony in the Stomach and Spleen, slowing the aging process and balancing out the other internal organs!