

Wei Chi and the “Beauty of Emotions”

By Jon Canas

Beware when things are out of balance. –

Tao Te Ching

This is an abridged version of the original Wei Chi series of blog posts and newsletters which provide a foundation for understanding the reasons for PHYTO5’s new protocol entitled, “Beauty of Emotions.” This novel and revolutionary approach to more fully experiencing well-being is based on the role of emotions and new PHYTO5 product formulations which provide more potency as a result of their enhanced vibrational levels.

Wei Chi and Well-Being

Vital energy is common to all energy medicines, and particularly, common to traditional Chinese medicine (TCM). Unique to TCM is the 5-Element Theory that explains the five aspects or phases of *chi*—the invisible energy that affects all of us and our entire environment.

The 5-element model provides a logical and systematic way to classify and analyze just about everything about and around us, from the macrocosm to the microcosm. It assists us to understand how we function, physically and psychologically, so that we may attain the balance required to feel good and look our very best.

We’ve discussed vital energy simply as *chi* with the understanding that *chi* needs to flow and avoid imbalance or blockage, but it’s important we consider other aspects since *chi* carries so many roles and functions.

As a reminder, let’s review two of our favorite quotes:

- “The physical body is actually a complex network of interwoven energy fields.”—Richard Gerber, M.D., *Vibrational Medicine: The #1 Handbook of Subtle-energy Therapies*
- “Your body is a field of energy, information, and intelligence capable of perpetual healing, renewal, and transformation.”—Deepak Chopra, M.D., *Grow Younger, Live Longer: 10 Steps to Reverse Aging*

The energy fields the two authors refer to are both internal and external to our physical body. We use the general term *aura* for the external fields, and the vital energy that protects the aura is called *Wei Chi*. Its specific function is to guard and protect our external energy field and the outer physical envelope of our body, including the skin. It is the energy of our immune system.

The seminal Chinese text, *The Yellow Emperor’s Classic*, gives the following information about the sources of Wei Chi power, and the nature of its natural enemies.

Sources of Wei Chi power:

1. Ancestral energy (from the mother)
2. What we eat and drink
3. The air we breathe
4. The relationships we have with friends and family

While we have no control over the first source, we have limited control over the second and third sources.

The fourth source of Wei Chi strength may be surprising. It means that we are fed by the emotional qualities of our human relationships and by the (positive) emotions we derive from them.

Wei Chi is under attack from two different fronts:

1. The 5 “devils”
2. The 5 (negative) emotions

The 5 devils are the cosmic energies that translate in:

- Wind during the Wood/Spring season
- Heat during the Fire/Summer season
- Dampness during the inter-season of Earth
- Dryness during the Metal/Fall season
- Cold during the Water/Winter season

We can escape from these climatic conditions when they get extreme by moving someplace else, but that is not often possible. Therefore, by and large, we have little to no control over their aggressive effects.

Wei Chi and the Five Emotions

We learn in TCM that to each of the 5 elements corresponds an emotion that can be either “in balance” (positive), or “out of balance” (negative). Further, we learned that:

1. The best way to strengthen Wei Chi is with the positive emotions we derive from satisfactory human relationships.
2. Of the natural enemies of Wei Chi, the one we can best fend off is the destructive effect of negative emotions.

Since it should be possible to learn to exercise a degree of control over our emotions, it is a constructive way to improve our wellness and benefit from the uplifting emotions that will enhance the quality of our lives. This idea is linked to the relatively recent societal recognition of *emotional intelligence* with the suggestion that we can and should develop it both for our own benefit and for the benefit of those with whom we interact.

All five emotions have the potential to be-

come destructive and to affect our natural balance making ways for pathogens to enter the physical body and/or mind by defeating Wei Chi.

Anger is the emotion associated with the **Wood element** in TCM that controls the energies of liver and gallbladder. When the energy of anger is balanced, it provides an avenue for venting about frustrating situations we have little to no control over. It can effectively communicate to others where our boundaries stand. When out of balance, however, such as anger that is out of control, anger is damaging whether expressed (yang)—which might generate outer violence—or repressed (yin) which engenders internal damage, both physical and psychological.

Joy is the emotion of the **Fire element** that controls the energies of the heart and small intestine. Balanced joy is a source of wellness. It makes a positive contribution to all our relationships. Excessive or unrestrained joy, however, creates an overexcited state that is physically and psychologically consuming. It is also unnerving for others.

Worry is the emotion of the **Earth element** that controls the energy of the spleen and stomach. Balanced worry is limited to a compassionate concern for self and others that reminds us of our role as caregiver or comforter. Nevertheless, worry can fast escalate out of control. It takes us out of the now moment to anticipate often imagined future dangers to ourselves and others. It maintains a state of anxiety that weakens our energetic, physical, and psychological natural defenses.

Grief is the emotion of the **Metal element** that controls the energies of the lungs and large intestine. There are times in life when it is normal to feel and express grief such as when a loved one passes away. In grief we experience a needed emotional purging that will allow us to regain balance and resume a normal life again, but when grief is uncontrolled, there is a loss of emotional balance with deeper consequences including physical ones. Controlling grief is learning to let go.

Fear is the emotion of the **Water element** that controls the energies of the kidneys and bladder. It is normal and preferable to fear certain things that could be dangerous such as fire, poisonous snakes, or hurricanes, for example. On the other hand, when fear is out of control, it can easily turn into paranoia. It can be paralyzing when all our thoughts and energies can become focused on imagined things that are not even likely to happen. In this state, there is no peace and no energy left to live a normal and productive life.

It must be clear that any emotion in an excessive state and felt for an extended period of time, either internally contained or externally expressed, becomes a barrier to both our physical and mental health, as well as to our happiness and how we relate to others.

Our understanding of the nature, range, and effect of emotions is at the core of what emotional intelligence is all about as we consider its consequences on ourselves and others. With that understanding we should be motivated to take steps which may help us increase control over our emotions and enhance our sense of wellness.

Let's recall our often stated definition of wellness. Ultimately, it is a *state of contentment*. Indeed, we need to feel physically, mentally, and emotionally well as a *sine qua non* condition. We know we have made great strides when we can experience the sweet inner feeling that all is well even when outer appearances don't testify to that feeling. But we probably cannot do it all alone. We need help.

Wei Chi and the Three Other Levels of Energetic Defense

Wei Chi is the protector of our outer energy field, the aura, and of the superficial layers of the body, the skin. Any pathogen that will eventually attack the physical body needs first to defeat Wei Chi by penetrating

through the aura and past it, through the skin layers.

If the first level Wei Chi fails, the second level of protection is the chi which flows through the body along meridians or pathways of vital energy.

When pathogens have pierced through Wei Chi to attack the chi, the illness becomes more stubborn, creating a more pronounced physical and emotional disturbance although it is not life-threatening.

When the illness gets deeper, the third level of defense is the vital energy of what TCM calls "blood." According to TCM, "blood" is an energetic function that goes beyond arterial and venous circulation. It includes the movement of other fluids such as those from the hormonal glands and the transport of nutrients, among others.

When this master transportation system breaks down, the body enters a chronic illness level with severe health and emotional consequences. Pain is deeper and more prolonged. From this one and the next level, the body might never return to full health. Containment and mitigation might be the best outcome.

Any worsening leads to the fourth level of defense, the energy of the organs. What is at stake at this level is the very survival of the organs. A defeated organic chi creates a domino effect, a negative spiral, as any organ affects the proper function of all the others. When any organ is under siege, it deeply affects how we feel in all aspects of our lives.

At all levels, but particularly the third and fourth, illness is not limited to the physical aspects. Addressing psychological, emotional, and spiritual issues are the only way to bring all aspects of our being now under siege into restored healthy alignment. In this state, achieving wellness might be a distant dream.

Wei Chi and the Holistic Treatment

The word 'holistic' is often used in the health and wellness oriented industry, and frequently,

very loosely, but what is a true holistic treatment?

As the word indicates, holistic encompasses an approach—for a diagnostic or for a treatment—that embraces the entirety of the being. It begs the question: *What, in addition to the physical body, exists in and surrounding the patient that must be taken into consideration in order to fully embrace the whole being to make any practice truly holistic?*

The first level of increased awareness, going beyond the physical, is fairly obvious and includes the mental and psychological aspects. What people think about themselves and others, and their emotional state, are relevant factors affecting any treatment, be it in a spa, a doctor's office, or on a hospital bed.

At the second level of awareness the fundamental idea that the physical body we see is but the tip of the iceberg is often ignored or considered too esoteric. There is something else, however, that is invisible but essential, namely, that the body is not only vital matter but also vital energy. Further, it is the vital energy that makes the matter vital.

The third level has to do with the spiritual dimension of the being. Critical to any possible healing are the core beliefs of the patient in view of the experience he or she is living. This is obviously a subject that concerns not only medical people but patients and would-be patients although this topic remains a very delicate one.

But how is all of this relevant to our wellness and beauty focus? It relates to PHYTO5's motto: "Beauty is health made visible!" And health has to be understood from a holistic point of view.

If wellness and beauty concerns are outside the picture at the third and fourth levels of defense, they are reasonable

ones for the first two levels even when both Wei Chi and chi are under attack. It is when Wei Chi is strong and an effective defender of our health that our wellness and beauty objectives are most effectively achieved. The fact remains that even if we do a lot of things right such as focus on a proper diet, get adequate exercise, practice breathing exercises, receive regular energy balancing treatments, and get plenty of sleep, it will be in vain if our E. Q. (Emotional Quotient) is low.

Wei Chi and the Beauty of Emotions

To recap, maintaining an active Wei Chi is the best way to maintain a strong immune system. Wei Chi is enriched by **emotionally satisfying relationships**, and an **absence of the natural enemies of Wei Chi—negative emotions**. A high E.Q. is the best predictor of strong Wei Chi and chi defense, in general.

Addressing the matter of negative emotions as a barrier to wellness and of positive emotions as a booster of Wei Chi is so important for human wellness that *PHYTO5 has evolved an extension of its well-known energetic method to contribute techniques and tools to assist anyone to feel and look better.*

This novel and revolutionary treatment approach is called:

“PHYTO5 and the Beauty of Emotions.”

The evolution of PHYTO5's new treatment approach is largely borne of two significant factors:

- The fundamental principles of TCM, and
- The evolution of PHYTO5 product formulation resulting in **measurably increased vibrational potency of select PHYTO5 energetic products.**

Feeling good is our objective. It causes us to enjoy

life more fully and it makes us more pleasant to be around. Nevertheless, let's not focus on the "good" part of "feeling good" if we can't be aware of our feelings in the first place.

We cannot manage our emotions and our reactions unless we are conscious of them. **The Beauty of Emotions** program begins by assisting the client or patient to first become aware of how he or she feels.

At first, it may sound at once overly ambitious and somewhat invasive. In our society, we have a tendency to keep our true emotions hidden to such an extent that we either lose our awareness of them or we have great challenges touching them.

Despite all this, there are ways to overcome these tendencies, at least with anyone who is willing. That is why an understanding of the importance of emotions in the process of achieving wellness is so relevant. It is this willingness that will assist us in improving our emotional quotient. As we improve our E. Q., we automatically elevate our health, happiness, character, and even our physical appearance.

Of course, this program needs to be adapted to functions that a well-trained spa therapist can effectively perform and which he or she is allowed by relevant state authorities to perform. Special training for the Beauty of Emotions protocol will be involved.

In the meantime, think about the benefits of such an approach when you know how most of our spa clients, in fact, most of our population, live daily life under duress of all sorts of pressure and unprecedented levels of stress.

Enhance Your Wei Chi to Increase Your Sense of Well-Being

For thousands of years, mystics have known and advocated it and for several recent decades, so have quantum physicists: "All is one!"

Of course, the truth, "All is one," fundamental to many religions and to science, has been expressed in different words, but the core idea is the same. And this is becoming clear to an increasing number of people regardless of their religion or degree of scientific education. Still, this core idea is held as truth by a minority of people. This is evident given the degree and spread of violence around the world and the many forms we witness of man's inhumanity to man. Peace in the world will occur only when enough people understand that hurting anyone else is actually hurting oneself and that hurting the environment is destructive to ourselves!

The extent to which we feel connected to or separated from whatever we perceive to be necessary to make us whole, happy and fulfilled, creates the root of all our emotions which, in turn, becomes the driving force in our lives.

If the absolute truth is that "All is one," the evidence of our physical senses, supported by our mental interpretation of our human situation, points exactly to the opposite. We appear totally separated from each other, and in most instances, from what we desire, be it relationships, material possessions, or conditions.

From the moment of birth, the baby separated from its mother longs to be reconnected physically and emotionally. This is deeply embedded in all of us. It takes different forms as we grow older but it stays with us. The need to connect with others and to feel like we belong is very much a part of the human experience. For example, for some, the most expedient and available solution might be to belong to a street gang. For most, however, there are a number of connections we feel driven to make, such as with a spouse or partner, a family, a sports or social club, a church or other place of group worship or philosophy, a professional association, or organizations celebrating ethnic or na-

tional identity. All of these are attempts to feel connected. That feeling is key to a sense of self-actualization, contentment, and well-being.

The sense of separation is, of course, the opposite. It prevents personal fulfillment. It permeates all our endeavors and human relationships. Emotionally nourishing human relationships are one of the few natural ways we have to improve Wei Chi, our energetic immune system. We are invited to enhance our emotional maturity and gain greater mastery over our emotions to avoid negativity and foster positive emotions. That is how we develop our emotional intelligence or quotient.

This sense of separation is pervasive. Mystics are among the few who experience the ultimate connection—communion with their Source, whatever that might mean to each one of them. Quantum physicists and others who embrace this conclusion experience intellectual communion and the satisfaction of embracing fundamental truth. Their vision, not unlike TCM’s vision, is that each one of us is made of energy and each with our own energy field that evolves in an infinite energetic substance (or field) that we call space.

More positive energy is elevating. More negative energy is abasing. This is our choice to make. We learn that we can’t ignore our emotions. They give us clues on how to increase our sense of well-being. We may choose to increase what adds to our well-being and eliminate what makes us feel unhappy, sorry for ourselves, fearful, or angry.

Once we have gained a fuller awareness of our emotions as a sort of guidance system, there are ways to mitigate the negative and enhance the positive.

PHYTO5 has developed one such exciting method with a new generation of

wellness spa treatments. The “Beauty of Emotions” treatment protocol by PHYTO5 is unparalleled, revolutionary, and provides the help we need to improve our wellness experience.

Wei Chi and the Vortices of Energy

We learned in school that matter is tangible, visible, solid, and real. There is ample empirical evidence to support this fact. Hardly anyone would dispute this.

We were also told that matter is made of molecules which are made of atoms composed of smaller particles such as neutrons, protons, and electrons, all assumed to be physical. And yet, we learn from quantum physics that all this is wrong although the public at large has not yet adjusted to that thinking. What we think of matter is, in reality, made of nothing material, tangible, or visible.

The quantum reality is that atoms are made of vortices of energy spinning and vibrating in their own particular way. Each one has a vibrating pattern that is unique, providing its own unique energetic signature. Atoms have no physical structure, therefore physical things have no physical parts.

We also learned from the discoveries of quantum physics and quantum mechanics that we create our own reality. Indeed, the observer of a quantum experiment will affect its outcome by the simple fact of observing. It has led quantum scientists to the conclusion that our world, from our individual experience to our collective one, is a mental construction. The planet and the entire universe are the outcome of the collective consciousness of humanity.

In 2015, the Dalai Lama was participating at an international quantum physics conference in India and stated: “I hope conferences such as this one address two purposes: extending our knowledge and improving our view of reality so we can better tackle our disturbing emotions.”

It is significant to see an enlightened spiritual leader embracing the discoveries of science

and feeling comfortable that no discovery, as earth-shattering as it might appear, is endangering the fundamental truth of spirituality.

The other significant element of the Dalai Lama's statement is that we must be about "improving our view of reality so we can better tackle our disturbing emotions."

In this statement we highlight three important thoughts:

1. We must "improve our view of reality," implying that our current view is not nearly as right as taken for granted. Our belief in "Terra Firma" as a bedrock of our knowledge of what is right, real, and true, is actually on a shaky foundation.
2. Our "disturbing emotions" (what we often refer to as negative emotions) have a causal effect on our view and experience of our-reality.
3. It is imperative that we "better tackle our negative emotions," namely, develop our emotional intelligence as a way to achieve a greater degree of mastery over our (negative) emotions.

With these conclusions, we are brought full circle to our starting premise based on the following principles:

1. *"The physical body is actually a complex of interwoven energy fields."* –Richard Gerber, M.D.
2. PHYTO5's philosophy and motto: *"Beauty is health made visible."*
3. The teachings of traditional Chinese medicine concerning how to increase Wei Chi, the energy of our immune system:

- a. Our best way to enhance our source of Wei Chi is in cultivating emotionally rewarding human relationships. Such relationships, however, can't happen without first developing a proper self-appreciation free of negativity.
- b. The best way we can contain or mitigate the natural enemies of Wei Chi is by gaining mastery over our emotions so that we may avoid the destructive aspects of negative emotions.

Jon Canas is president of Laboratoire Gibro, S. A., a Swiss laboratory and exclusive manufacturer of the PHYTO5 energetic, natural, and holistic skincare line. Its unique method is entirely based on Traditional Chinese Medicine principles. The method, known as the Phyto-biodermie method, combines concepts of energy with European herbal pharmacopoeia. It offers a complete range of naturally energetic products for face, body and scalp divided into five sub-lines, one for each of the five groups of skin conditions. It also has optional proprietary equipment (for lymph drainage, light therapy and biostimulation). Its award-winning Chroma-Lift™ facial is a comprehensive, non-invasive lifting facial that also uses lymphatic stimulation and light therapy. For more information, call 888-715-8008 or visit <https://www.phyto5.us>

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We are guided by many authors when writing on the subject of vital energy but, in particular, by these authors and their books:

- Elias, Jason, and Katherine Ketcham. *The Five Elements of Self-Healing: Using Chinese Medicine for Maximum Immunity, Wellness, and Health*. New York: Harmony, 1998. Print.
- Haas, Elson M. *Staying Healthy with the Seasons*. Celestial Arts, 2003. Print.
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- The abundant writings of Deepak Chopra, M.D. including:
Chopra, Deepak, and David Simon. *Grow Younger, Live Longer: Ten Steps to Reverse Aging*. New York: Three Rivers, 2003. Print.