

## **The I Jing - a digitalized concept?**

Dr. Tan's many years of clinical practice has taught him a great deal about the nature of humans and their suffering. He has observed that many people suffer when they go against the flow of nature and resist the natural laws which govern the universe. Examples are found in so many common disorders: an overworked executive denies himself sleep and complains of migraine headaches; a frail woman exists on a diet of cold salads and complains of stomach upset and scanty menses; a zealous athlete pushes his body to the limits without rest and complains of an injured back. As he observed the tendency of humans to push against the natural rhythms of our environment, he begins to incorporate this idea into clinical practice. He developed a treatment style known as the "Balance Method" which has become popular to many students around the world. As the name implies, if you create *balance* in the body, you will allow for the natural healing mechanisms to come forth.

One of the key aspects of finding balance in our bodies is to follow the natural timing that exists in nature. This includes the time of day, change of seasons, phases of the moon, tides of the ocean, phases of menses and more. When we connect to this natural rhythm, we align ourselves with nature. When we connect our acupuncture treatments with this rhythm, we help to align our patients with nature. Patients who complain of a problem that occurs during a specific time of day, month or year will always benefit from treatments that focus on cyclical timing. Examples include seasonal allergies, headaches at bedtime, menstrual pains, etc. However, our acupuncture practise demonstrates that different strategies of Balance method can be used in a variety of internal and external complaints.

In his advanced Balance Method classes, he teaches his students how to create effective treatments based on the concepts found in the *I Jing*, The Book of Changes. For over 15 years, he has based many of his classes on the wisdom of this ancient book. His classes on Global Balance, Seasonal Balance and Five-Element Balance are all Ba-Gua based methods utilizing the Hexagrams of the *I Ching*. The individual bars that make up a hexagram are called the Yaos. There are 64 various combinations which make up the 64 hexagrams of the *I Jing*. As will be discussed in his seminar in October in Berlin, each yao/bar can represent specific points along a given meridian. By choosing acupuncture points in this way, one can create dynamic changes in a patient. He also has a background as a Systems Engineer, and therefore he has blended ancient theory with modern computerized concepts. In modern theory, these hexagram combinations can be viewed as a digital pattern. Each hexagram is a symbol made up of a specific sequence of six digital codes. We can utilize our needles to change the code and change the dysfunction in the human body. His treatment strategies are therefore seeking to change the digital arrangement that is programmed into the body.

This year in October he will teach the base of his Balance-Method as well as share his experiences to unravel complicated cases and introduce us into his method to balance the eight extra meridians using the *I Jing*.

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