



# The significance of doing – nothing

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## The significance of doing – nothing

No action that is not in accord with the natural course of the universe

Dao never acts yet nothing is left undone

Effortless and actionless action

Being like water

Never underestimate the value of doing nothing  
Doing nothing is very difficult. You never know when you're done



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## The significance of doing-nothing

- Challenges and pulse diagnosis
- Healthy solutions
- The Shen and its relationships
- Acupuncture points and doing-nothing
- Mencius, virtues, intuition and acupuncture points



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## Constitutional Acupuncture

- Heavenly and earthly qualities that are present at the time of birth can perform a more **active and powerful** influence or be less present, more **passive and weaker**.
- The dynamics between these stronger and weaker aspects pose a **challenge** to the general health of the individual.
- Constitutional acupuncture uses the **birth chart** to understand the coherence and interactions between the different birth qi, which provides insight into the challenges of personal life, but even more *how to deal with those challenges related to disease and health.*



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## Challenges of the 'I am'

- Most people like to stay in **control**.
- We find it difficult when circumstances force us to go in directions that are not easy.
- We sacrifice sleep, relationships, health and so on to continue with our plans and behavior.
- We are so challenged to move, to want, to have and so forth, that we are not aware anymore that times of activity alternate *with times of rest.*



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## Over challenged expressed in the pulse

- Due to life's challenges, pulses change
- Gb, Hc, Tai Yang are often much more superficial and tight, possibly stronger or thinner than they should be.
- **Superficial - Flooding def. = Push pulse** : Feels like excess, but comes up to just under the Yang depth
- **Meaning**: Due to exhaustion and pushing yourself into activity



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## Over challenged expressed in the pulse

- **Tight (Jin Mai)**: wider and fuller than wiry pulse, greater elasticity and with urgency that can make it feel more rapid (than it actually is!). Tight gives the feeling of limiting from side to side. It is an inflexible pulse, tensely drawn rope.
- The liver qi becomes too tight and constricted by stress and excessive use of the will.



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## Over challenged expressed in the pulse

- **Soft pulse (Ru Mai):** combines thready and floating pulses. It is a thready pulse at *superficial* level. It is floating and thin. The pulse vanishes with the slightest pressure and has a lack of content (Blood, Jing).
- **Meaning:** Because of its floating character it is insufficiency of Yin and Yang. (Yin deficiency more severe).
- **Spreading Pulse** spreads under the pressure of the finger. Sometimes it feels like slippery. Deeper than yielding
- **Meaning** More qi insufficiency. The deeper, the more xué insufficiency (overwork)



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## Over challenged expressed in the pulse

- **Empty pulse (Xu Mai):** Slow, *large* and easily compressible. (not as large as a large pulse!)
  - Empty underneath the pulse
  - Often felt on Yang level
  - With pressure: soft and weak
  - When you live accordingly: no problem
  - **Meaning:** Qi insufficient
  - On normal Yang level empty, slow, thick, weak: Exhaustion of xué and qi



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## Over challenged expressed in the pulse

- An Empty pulse is not the same as an absent pulse!
- **Absent:** absent when pressure is applied and palpable when pressure is released
- **Meaning:**
  - At Yang level: qi deficiency due to overwork. Reduced Wei qi
  - At deeper level: qi and xué insufficiency
  - At Yin level: insufficiency of true qi (qi, yin, xué). Very vulnerable,
    - not immediately sign of disease, but highly vulnerable to stress
    - could be due to long term disease.



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## Over challenged expressed in the pulse

- **Thin or Fine pulse (Xi Mai):** Is a little larger than the faint pulse, is constantly present, often thready
- **Meaning:** often deficiency of qi and xué, because of exhaustion (doing too much). More xué insufficiency than qi insufficiency; Xué insufficiency leads to qi insufficiency. The deeper, the more xué insufficient, the more severe. The tighter, the more Xué and Yin insufficiency.



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## Challenges of the ego and identity

### TIME and DUALITY

- **Ego:** the centre of human consciousness from which a person is in relation to both society and the true self.
- **Identity:** the awareness and ability to evaluate the self and ego in its actions. Identity develops into a social being: Who am I?, What can I do?, What do I want?
- Being whole and dissolving the experience of separation. Solving this identity imbalance is a major challenge in life



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## The question arises as to whether the ego can escape the 'prison' of time and duality?

- Can we stop the inner dialogue, the emotions and thoughts?
- Can we stop (re)acting?
- Can we stop habits and compulsive behavior?
- When one is good at commenting on others, he must be able to integrate them with himself, it is the only way (...)” Ch. 39 SW
- Are we at all able to find an experience of unity by resisting opposing forces through e.g., meditation or detachment



exercises?

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## Belonging

- With the sense of **belonging**, the ego is still active, but engages with what is **present**, rather than what may be desired, thought or expected.
- The secret to this challenge is to be aware of the **path that is unfolding** instead of reaching for the distant goal of wholeness.

By 'Doing-Nothing'



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## Jing and Shen and Doing-Nothing

- Restoring Jing: To keep the body at rest and stable; no desires
- Restoring Shen: To keep the mind clear and calm; no desires
- Yi意 and Zhi志 based on a calmness in the heart; no desires
- The body and mind can come together to bring about wholeness



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## Yuan Shen becomes Wu Shen

- Shen changes during birth
- Yuan Shen to Wu Shen (post natal Shen) =  
Shen神, Hun魂, Po魄, Yi意 and Zhi志
- Acquired spirit: Wu Shen
- Acquired psyche: senses, thoughts, emotions, perceptions, mental activities are all movements of doing and opposite of doing nothing!



## Shen 申

Two hands firmly holding a rope; closing of hands; it suggests two alternate principles which engender the universe; lightning

- Lightning
- To Stretch
- To Express
- To Apply
- To Trust
- To Restrain
- To Report
- Spirit

### The Heart – Shen 神

- To project outwards,
- To relate and to report inwardly
- Communication with the source and the world





## The Heart – Shen 神



- Influx from Heaven, the will of Heaven is known to Man
- Altar for sacrifice
- Relation to the 'higher', more subtle aspects of our reality



## Shen 神

- When one's blood and qi are harmonious, his qi is flowing unhindered, the five viscera being shaped and the shen stored in the heart causing thought and will, then he becomes a man (LS Ch. 54)
- Opposition of the yuan shen (original spirit) and falling prey to thought, will, desires and/or passions: becoming unable to see the natural order of life





## The Heart – Shen 神

- ‘Doing nothing’ supports the Heart – Shen, especially the Heart-Yin aspect
- Ht-1 Ht-3, Ht-6, Hc-3



## Ht 1 Jí Quán Highest Spring Extreme Fountain

- Nourishes Ht yin
- Cools down
- Clears empty Ht heat - Yin Xu
- Unbinds chest and lateral costal region and alleviates pain (Yin stagnation):
  - Heart painful obstruction and pain.
  - Moves Yin of thorax (paralysis limbs, depression, sadness, Ht pain with sighing, dyspnea etc.)





## Ht 1 Jí Quán Highest Spring Extreme Fountain

- Good for emotions from communication problems
- Re-establishes connection between individual and greater consciousness



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## Ht 3 Shào Hǎi. Little Sea

- Increases Yin of Heart
- Do not needle longer than 10 minutes
- Clears Heart Fire or empty heat
- Cools & calms Heart Fire
- Regulates and opens Qi of Heart channel
- Clears obstructions from channel - benefits whole arm
- Calms Shen
- Transforms phlegm and calms the Shen



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## Ht 3 Shào Hǎi. Little Sea

- Sends energy down
- Works on feet and legs
- Symptomatic point for joy of life
- Water controls Fire: Excited, sleepless, restless, edgy, manic etc.
- Clears consciousness
- Strengthens orientation and memory



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## Ht 6 Yīn Xī. Yin Crevice

- Tonifies Heart Yin
- Barrier point of Yin ascending and descending
- Increases Yin in upper chiao
- Psycho-emotional:
  - Acute fright, confusion
  - Clears the brain - hysteria, fright, grief, rage, anxiety
  - Calming and strengthening
  - Can't speak
  - Stops verbal diarrhea



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## Hc 3 Qū Zé

### Crooked Marsh/ Marsh at the Bend

- He - Sea Point
- Water Point
- Feeds Ki Yin
- Clears heat (blood, qi, skin, stomach, heart)
- Cools blood and moves blood
- As Si 19, to release fullness of head



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## Hc 3 Qū Zé

### Crooked Marsh/ Marsh at the Bend

#### Psycho-emotional:

- Brings Water to Fire when there is fear of meeting people/reaching out
- Can't decide
- Agitation with nervous crisis
- Over-activity



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## Mencius

- The “four beginnings,” when properly cultivated, will develop into the four cardinal virtues of benevolence (*ren*), righteousness (*yi*), decorum/ propriety (*li*), and wisdom (*zhi*).
- Mencius assumed that the seeds of virtue exist in every person from birth onwards and that the growth and cultivation of these seeds and their maturation would be enabled by accepting and allowing intuition and inner impulses that ultimately lead to a mature and compassionate heart.



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## Four Beginnings and Four Virtues

Intelligence and Intuition

Intuition and Adaptation



Interaction between the self/ego and 'world'

Integration and Clear-sighted



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## Intuition (Fire – Water)

- Intuition is a force through which people perceive and come to know the essence **without reasoning**. It comes from the heavenly spark of light that is present in everyone.
- Intuition is the natural channel that opens one up to the **virtues of heaven**.
- These qualities may manifest when people can let go of ego issues and find the freedom to be **authentic**, accessing the courage to face their fears, so that they regain an open connection to the **internal 'heaven'**.



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## Intuition

- The burden of past experiences covering the source of intuition might initially feel too overwhelming and difficult to process.
- The **path to intuition** starts off with **being still and turning inward**, which allows the 'evaporation' and release of the conditions, habits and thoughts and other form (ego) principles.
- This condition of release can also be achieved by workouts or long walks. Through this effort, the ego relaxes and detaches itself from all its thoughts and habits (the "I am").



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## Intuition

- People with bladder (channel) problems benefit more from inner attunement to perceive intuition.
- It is noteworthy that people might be aware of their intuition but often, due to social or relational pressure, do not listen to it.
- Intuition makes people less dependent on standards and protocols, including those of the practitioner.



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## BI-67 Zhi Yin, arrival of yin,

- BI-67, strengthens yin and intuition
- BI-67 is indicated to guide people who suffer. It can dynamically turn a person's chaotic, suffering qi into acceptance and a new perspective on a purpose in general
- BI-67 activates this process of renewal. It can change someone, new life goals can be set
- but it is all about the right timing...



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## Ki-7, Fu Liu, returning current



- The name returning current is often described as resuming a straight path after the strange loop that the kidney channel takes over the heel bone.
- Returning current also means that the qi returns to its source, where the seed of new life resides.
- Ki-7 assists people to recover from difficult situations and troubles, to 'strengthen the backbone' and overcome fear.
- Other names for Ki-7 are Fu Bai, deep lying white or Chang Yang, glorious yang. Deep lying white is the beneficial outcome of regeneration of glorious yang through observation, introversion and introspection. In the depth of one's being, Ki-7 increases the essence of the kidney yang. It is the core quality of the emanation li, the beneficial force related to metal.



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If doing nothing is a purpose, doing nothing is doing.

Doing nothing has no other purpose than doing nothing



Thank you !



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