

# VITALITY-BLOCK TYPES

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Blocking of the outgoing motor (centrifugal or involutory) energy flow.

Underlying theme:

Holding on and holding in.

Batten down the hatches.

Keep going.

Keep it together, in control.

"I won't let my energy out".

"Mustn't lose control".

Blockage to letting:

Go.

Energy flow.

Low vitality type: anger out.

Blockages tend to be in the:

Core.

Upper body.

Right side.

Back.

Elemental:

Ether block. Excess water, maybe excess earth. Fire blocked and either high or low.

Physical:

Ruddy complexion.

Square face and hands.

Large bone structure.

Well built.

Overweight.

Upper body well developed.

Rigid or burdened body type.

< heat, damp, damp heat.

> cool, dry.

Pulse strongest: upper body, right.

Behaviour:

Doesn't let energy flow.

Holds things in - anger, resentments, sadness, breath.

Doesn't let self collapse.

Takes too much on.

Workaholics.

Martyrs.

Controlling.

Emotions:

High vitality type: Overbearing.

Explosive.

Pent up.

Irritable.

Frustration.

Anger.

Low vitality type: Depression.

Frustration.

Resentment.

Passive aggression.

Stuck.

Burdened.

Illnesses:

Weak points: liver, gall-bladder, stomach, pancreas, duodenum, heart, spleen.

Acute illnesses.

Inflammations.

-itis.

Fevers.

Heat, damp, damp heat.

Pus.

Swellings.

Oedema.

Overweight.

Under-active thyroid.

Catarrh - thick, copious, white/green/yellow.

High blood pressure.

Headaches and migraines - throbbing, pounding, < bending forward, with upper digestive symptoms.

Liver/stomach symptoms.

Heart attacks.

Strokes.

Constipation - due to congestion of liver.

Hypothyroidism.

Excessive and painful menstruation.

Hot, weeping skin conditions.

Pains: hot, throbbing; <touch, heat, pressure; >cold.

Treatment:

Focus on fire/water relationship.

Low vitality type: raise vitality, then cleanse.

High vitality type: cleanse.

Visualise breath drawing in through top of head and out through soles of feet.

Cleansing diet - raw foods; avoid flesh, dairy, eggs, oils, sugar, salt (sodium).

Liver flush.

Fasting.

High vitamin diet - particularly the antioxidants (a, c, e).

Plenty of potassium.

Herbs - cooling and drying.

- hepatics/bitters, e.g.: dandelion root, barberry, bayberry, gentian, oregon grape, buplerium, milk thistle, golden seal.

- diuretics (careful if kidney problems or diabetes), e.g.: dandelion (root or leaf), poria, uva ursi

- astringents, e.g.: golden seal, bayberry.

- thyroid stimulants: kelp, bladderwrack.

Low vitality type: energy tonics, e.g.: bayberry, siberian ginseng, codonopsis.

Address issues around the fire element - anger, controlling or being controlled, power, assertion cf. aggression, self-expression.

Gold above and silver below.

Active exercise.

Stress reduction - relaxation, letting go, meditation.

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*Paul Francis*