



Lonny Jarrett has been practicing Chinese medicine in Stockbridge, Massachusetts since 1986 and was a founding board member of the Acupuncture Society of Massachusetts. He is the author of "Nourishing Destiny: The Inner Tradition of Chinese Medicine and The Clinical Practice of Chinese Medicine".

LONNY JARRETT writes:

When I first started studying Chinese medicine I was amazed at the degree of differentiation it allowed relative to each patient's "unique" diagnosis. People's stories fascinated me and I was intrigued by the holistic nature of Chinese medicine that allowed me to assess "each patient's individual energetic portrait." Over 23 years of clinical practice I am impressed by how similar we all are and have become increasingly interested in understanding the universal mechanisms and forces at work in every clinical case.

As we reach a global view of health, illness, and healing, I am led to ask several questions:

What is the largest possible context for the practice of Chinese medicine in the 21st century? How will the values of Chinese medicine help humanity to face the challenges that confront us today? What is the relevance of holistic medicine when the survival of the entire species is threatened?

Historically, the largest threat to humanity came from environmental conditions and other circumstances beyond our control. Hence, knowledge of the external syndrome patterns took precedence. But the challenges facing us now are a matter of human choice. Therefore the greatest medical imperative is the evolution of consciousness and the emergence of new, and higher, moral structures. Chinese medicine is the single most powerful system of medicine on earth for effecting changes in consciousness. But outside the context of a clinical perspective that values vertical development, treatment can only help patient's feel better. And, at this point in history, merely feeling better may not be the *most* important clinical imperative.

The highest meanings of the words "holistic" and "integral," as applied to medicine, infer that we help patients to move from a relative state of division toward increased states integrity. An integrated approach to the Five-element and Eight-principle systems offers a profound method of assessing the degree to which *yin* and *yang* are separated, or integrated, in an individual. Separation of *yin* and *yang* and the inhibition of the authentic self, the living manifestation of *jing*, *qi*, and *shen*, is due to conditioning which can be understood in terms of both constitutional and cultural influences.

In my classes, I try to give consideration to what it means to create a context for the practice of Chinese medicine that makes sense in the culture and time in which we are living. This discussion will occur from the integrated perspectives of both the Five-element and Eight-principle traditions on human conditioning and the realization of true health.