

The Nine Pains of the Heart

By Monica Angelillo and Marco Rado

Chinese medicine speaks of the "Nine Pains of the Heart" not to really refer to cardiac symptoms, but to indicate an approach to issues that put the Heart in difficulty, understood as the seat of the Shen (the Mental-Emotional-Spiritual energy).

They can also be defined as the Nine Challenges of the Heart. They are the tests that the individual faces during the development of his existence: if he is not able to understand and overcome them, he will develop blockages and alterations, which can be both psychological and physical in nature, with symptoms in various parts of the body and of various natures, which have their roots in the difficulties encountered by the Shen in facing that given challenge.

In the Taoist conception, human life is described as a tale: there is a whole series of "tests" to be completed during life. As in the stories there is the protagonist, the adventures, the antagonist, the extraordinary adventure, etc. in the same way each of us must face and overcome the same challenges of life.

These challenges are called "the Nine Palaces", which in Traditional Chinese Medicine (TCM) represent the nine main tests that every human being faces during his existence, as the protagonist of the story of his life.

In the logic of Taoism, the Nine Palaces are the nine tests with which one must confront oneself to reach the Realization, to walk through that Destiny determined by the union of the Jing (the Essence or rather the Genetic energy of our parents) with the Shen (the Spirit or rather the Mental-Emotional-Spiritual energy).

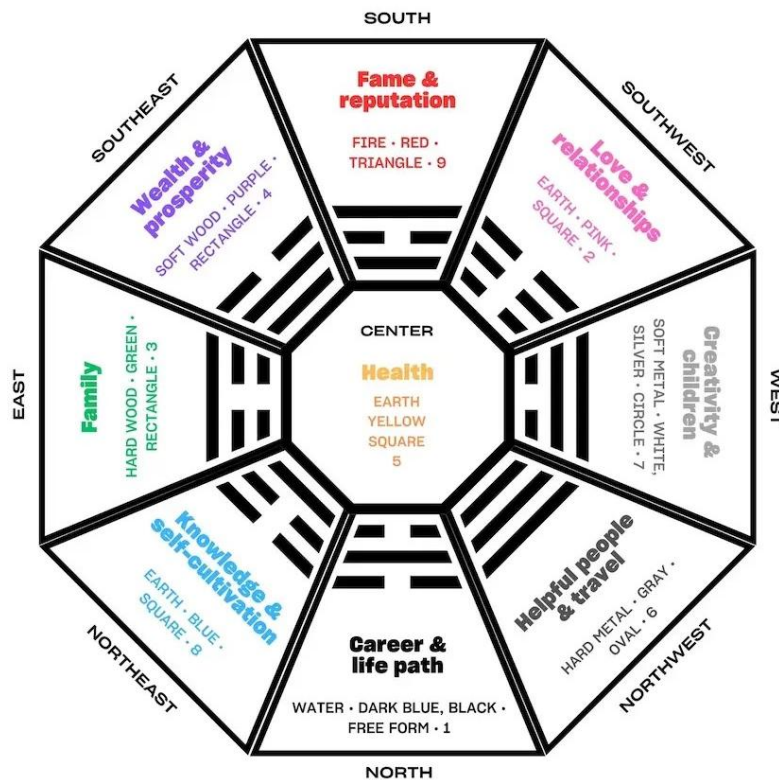
Destiny in the Taoist vision is not predetermined, but it is called Mandate (Ming), that is, a series of trials, challenges, difficulties, which will happen to us throughout our existence, of which we will have the free will to face and overcome or to suffer them and remain blocked.

Every time we complete our Mandate, positively overcoming every challenge, we will evolve our Shen-Spirit. This will mean that, starting from the Taoist perspective that each of us will live more and more lives, in the next life we will have a new Mandate to complete, with new difficulties to overcome.

Whereas, if in this life we have not been able to evolve, understanding and overcoming one or more of these challenges, in the next life we will face the same difficulties to face. Not only ours, but also those that our parents and ancestors failed to solve. Therefore, evolution is not only individual, but of our entire genealogy.

The Nine Palaces, therefore, represent these challenges, which when we face them with difficulty, failing to overcome them, remaining blocked and defeated

by our Destiny, will become the Nine Pains of the Heart. 9 Palaces are called because the Chinese emperor had a Palace for each of the nine Regions in which the Empire was divided, that is, one for each cardinal direction according to the



Bagua (8 Trigrams) and a Central Palace.

The Nine Palaces of the Heart are, therefore, the 9 experiential conditions of existence with which to harmonise to allow the evolution of the Spirit along the Path of our Destiny, represented by the nine points of the Heart Meridian.

The difficulty in passing the tests is represented by the nine points of the Pericardium Meridian, a symbol of resistance in the face of inner change, essential for the Path to that Heaven. Not surprisingly, the famous Chinese symbol, composed of a circle, half white and half black, called Tao (or Dao), means precisely "Walk" or "Way" or "Path".

In Taoist logic, any difficulty in the moments of life depends exclusively on the resistance that the protagonist applies to the event that, in reality, represents the key to the next level of awareness. As long as you apply resistance, effort and interference to not let go and rely on this new way of being, you will continue to encounter the same type of situations and problems.

These Pericardial resistances perfectly coincide with the emotional approach described by Richard Utt, founder of Applied Physiology, who used the Law of Electrical Resistance or Ohm's Law as a metaphor.

$$I \times R = E$$

Intensity
Ampere (A)

Resistance
Ohm (Ω)

Voltage
Volt (V)

$$I \times R = E$$

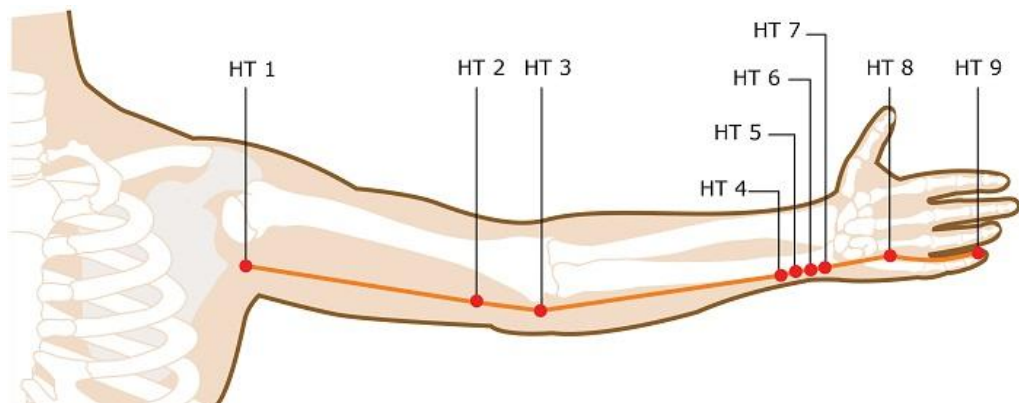
Attitude

Resistance
Attachment

Feelings
Emotions

In Taoism there are no "hard", "difficult" or "unlucky" situations for the person, but simply "are" in relation to what that soul must experience, learn and understand, through the Body (character Shēn Ti - Body 身体 which indicates the body as the vehicle of the Spirit).

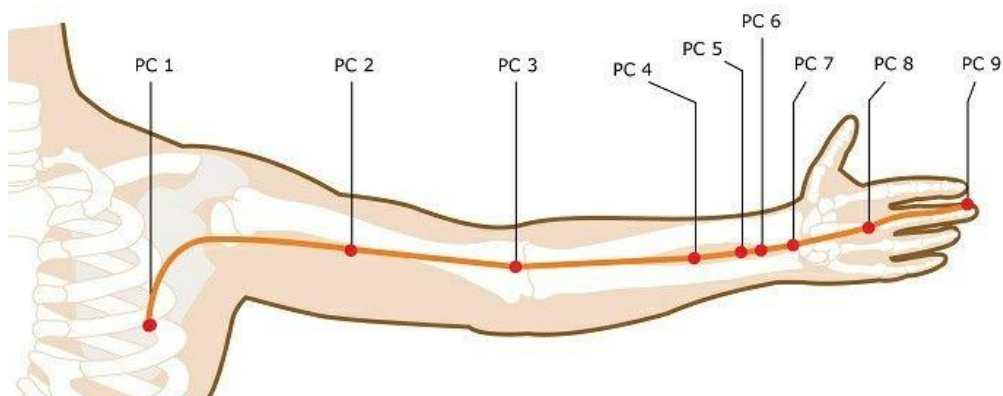
To free the Heart from its Pains, the first thing we must lighten the Pericardium from the memories of the traumas and stresses of the past. So, before treating the 9 points of the Heart, you have to treat the 9 points of the Pericardium



Meridian and the anatomical structure of the Pericardium itself.

The 9 Points of the Heart Meridian

The 9 Points of the Pericardium Meridian



THE NINE PALACES

First Palace: Family & Health A person who experiences precarious health conditions frequently or who finds himself dealing with the illness of others as the main theme of life, must confront this test and find the Way of solution and peace.

Second Palace: Abundance & Prosperity A person who feels that he will never be able to really have everything necessary to lead the life that leads him to the realisation of what the Heart beats for, must harmonise himself with this Palace.

Third Palace: Fame & Reputation He who lives a conflict in this Palace could be greatly influenced by the opinion of others, and that his self-awareness is rather unstable.

Fourth Palace: Love & Relationships He who cannot weave fruitful relationships that really nourish its existence, or he who lives on longings, attachments and expectations towards his neighbour, must relate to this test.

Fifth Palace: Creativity & Children He who seeks invisibility in the name of a "quiet" life, he who flees from the commitment that we are called to live in the world or he who lives for fame, must overcome this test. It's about leaving a trace of yourself in favour of your neighbour.

Sixth Palace: Helpful people & Travel He who has a disharmonious relationship with the exploration of life and existence in all its aspects, he who does not find prospects, joy, opportunities in the Journey and in the Path, in confrontation and discovery must surpass himself here.

Seventh Palace: Career & Life Path He who does not recognise that every experience lived and thing done in his life has led him perfectly and without shadows to be what he is now, perceiving in all this the perfection of this Journey, overcoming the polar judgement of what has been, regrets and remorse, must overcome himself at this level.

Eighth Palace: Knowledge & Wisdom Those who have difficulty finding the very meaning of their existence, those who do not recognise the distillate of what they have lived, those who do not find the *raison d'être* and the long and thin thread that connects in synergy every aspect of their experiential curriculum, must work here.

Ninth Palace: Homecoming It is that state of consciousness according to which the person has now understood the organising mechanism of Life, no longer feeling the need to experience tests or events to feel complete, fulfilled.

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