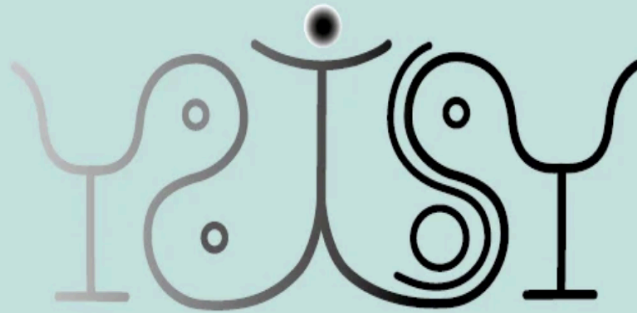


- Chinese Energetics -
Guided Course
Dubai



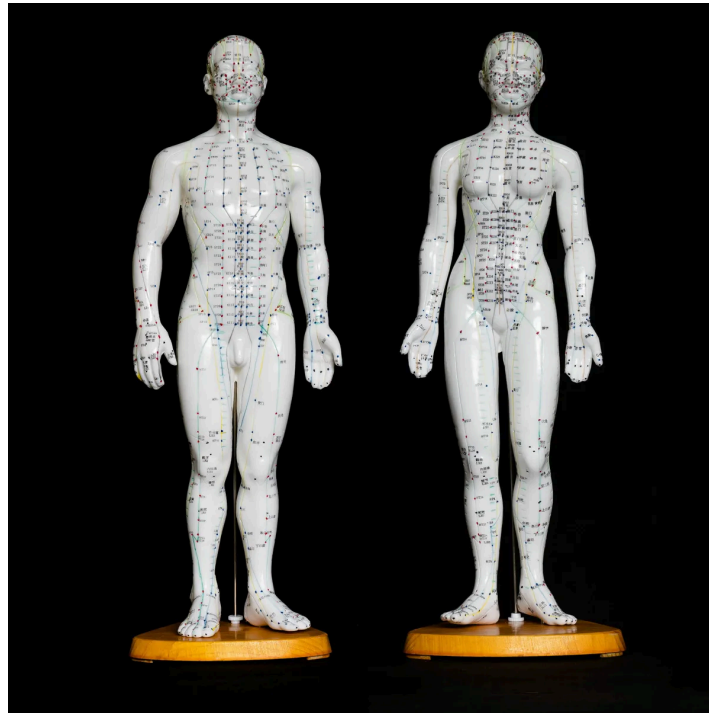
國際三源體-能量研習協會
Institut San Yuan



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Chinese Energetics 中國能量學

is the Science of the body's energy system :
the 12 meridians and acupuncture points.



A tradition of Health of 4.000 years.

Focusing on the circulation of energy and
its connection to physical, emotional and mental health.



This course is designed for :

Healthcare Professionals:

Doctors, acupuncturists, physiotherapists, osteopaths, chiropractors, dentists seeking an integrative view.

Holistic Practitioners:

Naturopaths, hypnotherapists, NLP, coaches, healers interested in integrating a complementary approach based on the body.

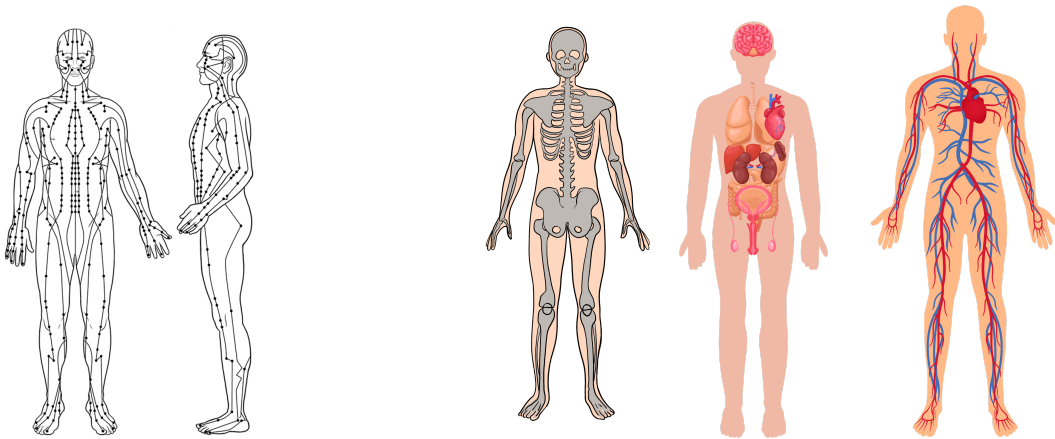
Individuals:

eager to understand the health system and to learn non-invasive techniques.

Open to all - No prior knowledge is required.

A practice for physical & mental health

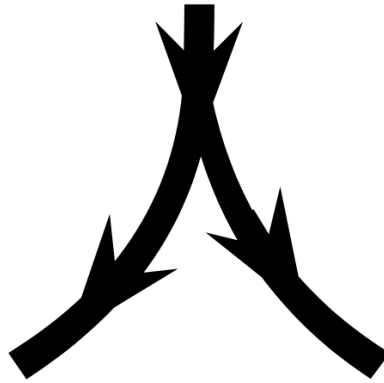
Chinese Energetics is a holistic practice, the health of a person is seen as a combination between physical, emotional and mental balance.



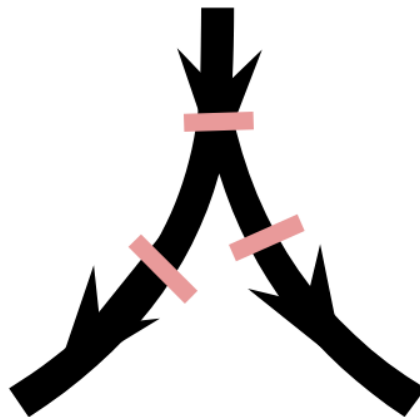
Resetting the energy in the meridians has a direct impact on physical issues, emotional imbalances and mental dysfunctions.

What is energy, the Qi?

A fundamental concept in Chinese Medicine is the vital energy flowing in the 12 meridians.



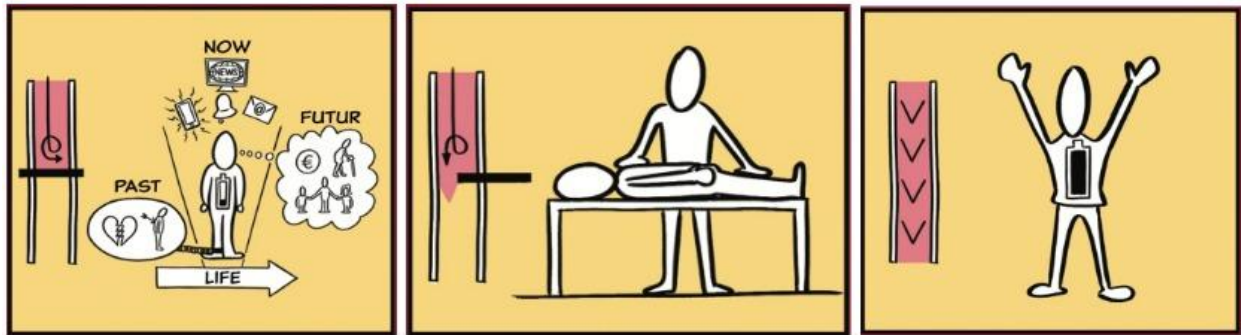
Any energy stagnation or blockage =
Root of current or future pains, disorders, dysfunctions, diseases.



What is Chinese Energetics?

Chinese Energetics is a discipline related to Chinese Medicine.

Chinese Energetics uses hands techniques, no needles, to liberate the blockages in the 12 meridians and to regulate this energy flow, restoring physical, emotional, and mental health.



- Chinese Energetics focuses on liberating...

accumulation of past life challenges,
daily stress & tensions,
anxiety and fears of the future

...the root cause of modern health issues -



What is the difference between TCM and Chinese Energetics courses?

The fundamental concept is similar :
The circulation of energy plays an important role in health.
The approach is different.

In TCM courses,
students learn :
protocols of acupuncture & herbal treatments addressing symptoms.

In Chinese Energetics,
students learn :
to feel the energy, the pulse,
to listen to the body's needs,
to address the root cause of dysfunctions,
to stimulate the intelligence of the body,
to use the inner capacity of the person to restore
its physical, emotional and mental health.

Stimulating the intelligence of the Body

(Example - a doctor applies a technique :

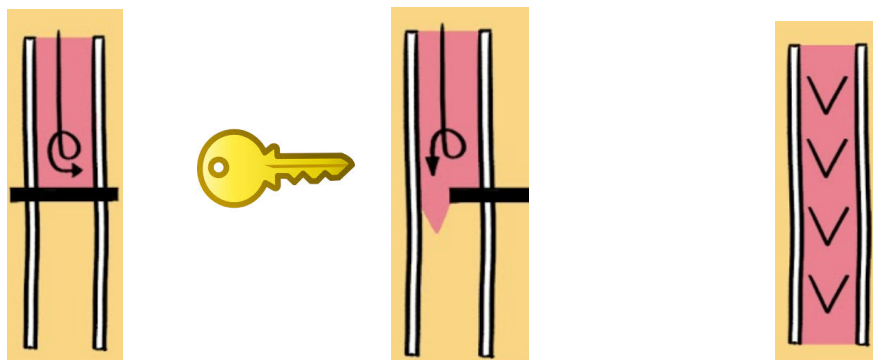
He makes a suture. Then, the Body heals itself the wound.)

In Chinese Energetics, the practitioner applies a technique.
Then, the intelligence of the Body knows how to heal itself.

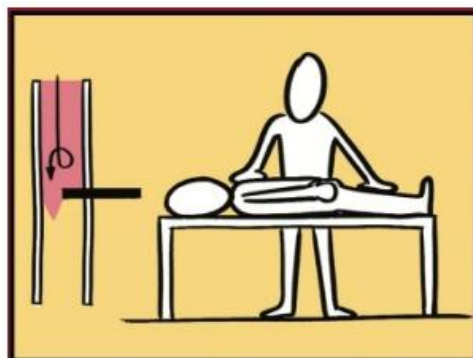
In practice: An acupuncture point is a gate of energy.

A closed gate can be the root cause of
physical issues, emotional tensions or mental troubles.

The keys already exist within the person.



Role of the practitioner: connect the closed gate with the right key.

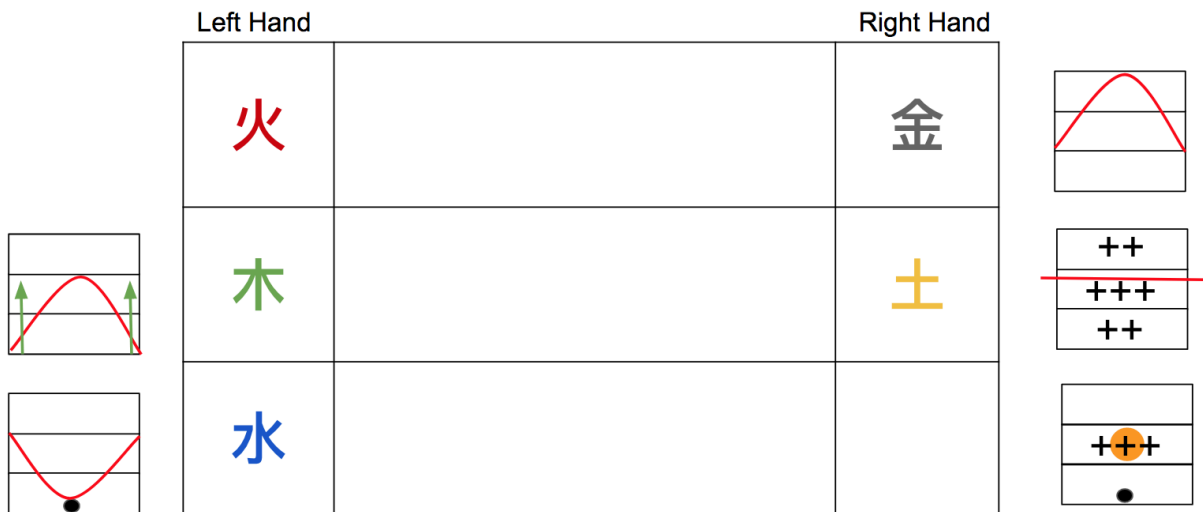


Measuring the effectiveness of a session

2 indicators: The pulse & the physiology of acupuncture points

The pulse - diagnostic tool for a practitioner:

Feeling the state-of-the-art of the energetical functions.



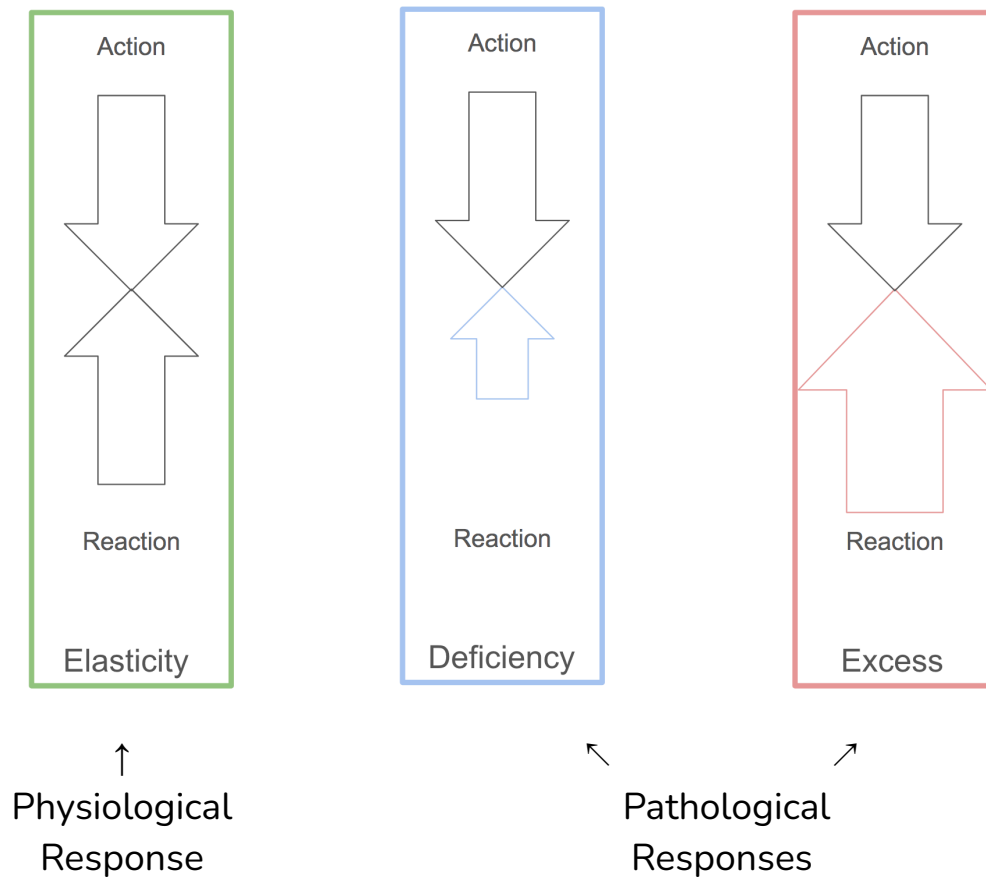
Aim of the session: restore the optimal functions of the Body

→ Impact on the physical, emotional and mental aspects.

Physiology of acupuncture points

Diagnostic: Physical response to a stimulation on acupuncture points.

Action : impulse from the practitioner - Reaction : from the Body

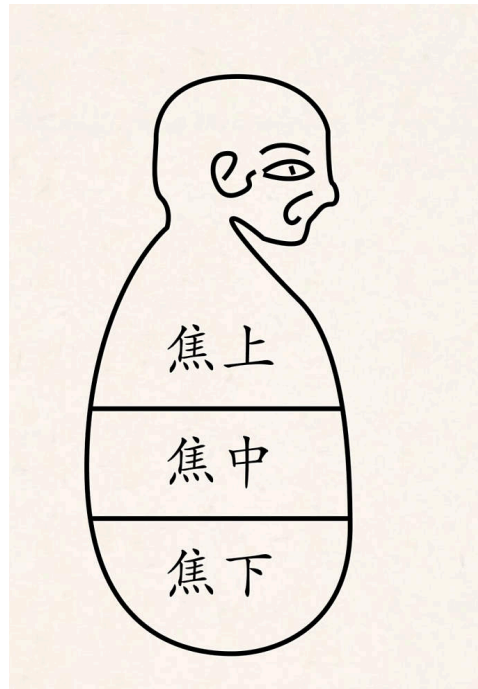


Aim of the technique:

Restore a physiological response of the acupuncture points,
meaning that the gate is open.

Production: The Three Burners

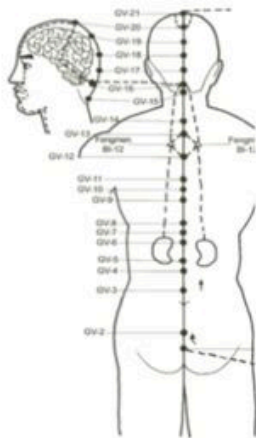
San Jiao 三焦



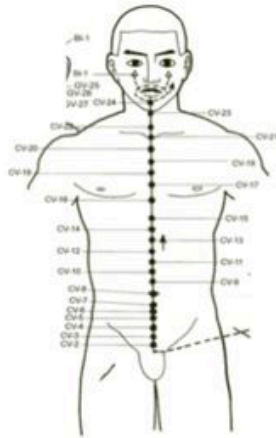
Upper, middle, and lower burner.

Distribution: 8 Extraordinary Channels

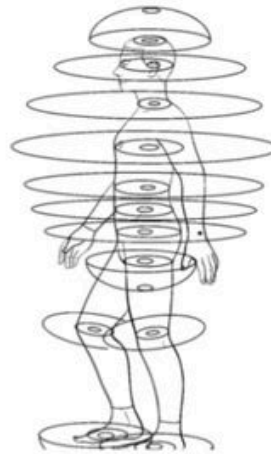
Qi Jing Ba Mai 奇經八脈



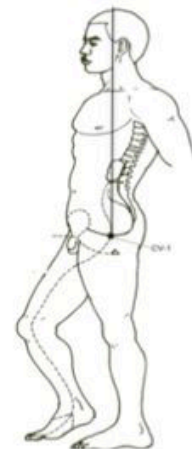
Du Mai



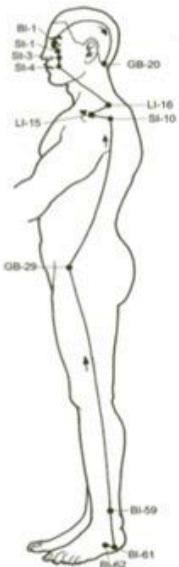
Ren Mai



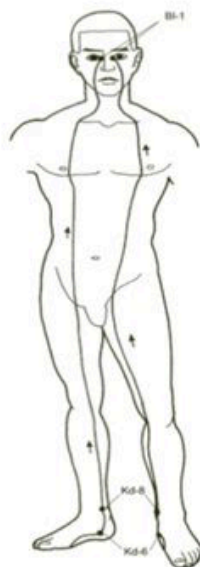
Dai Mai



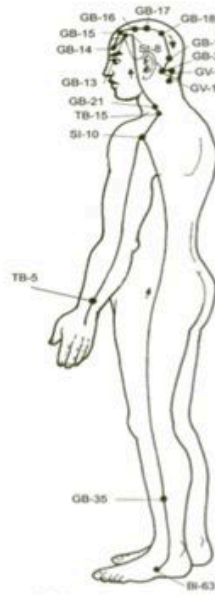
Chong Mai



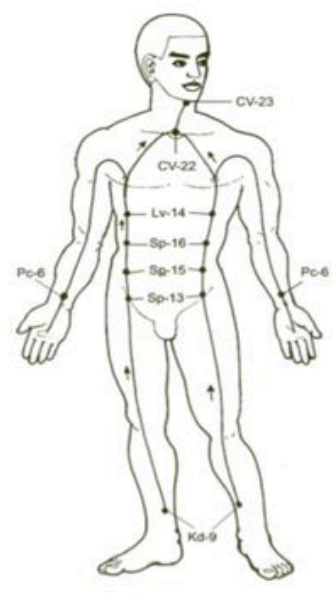
Yang Qiao Mai



Yin Qiao Mai



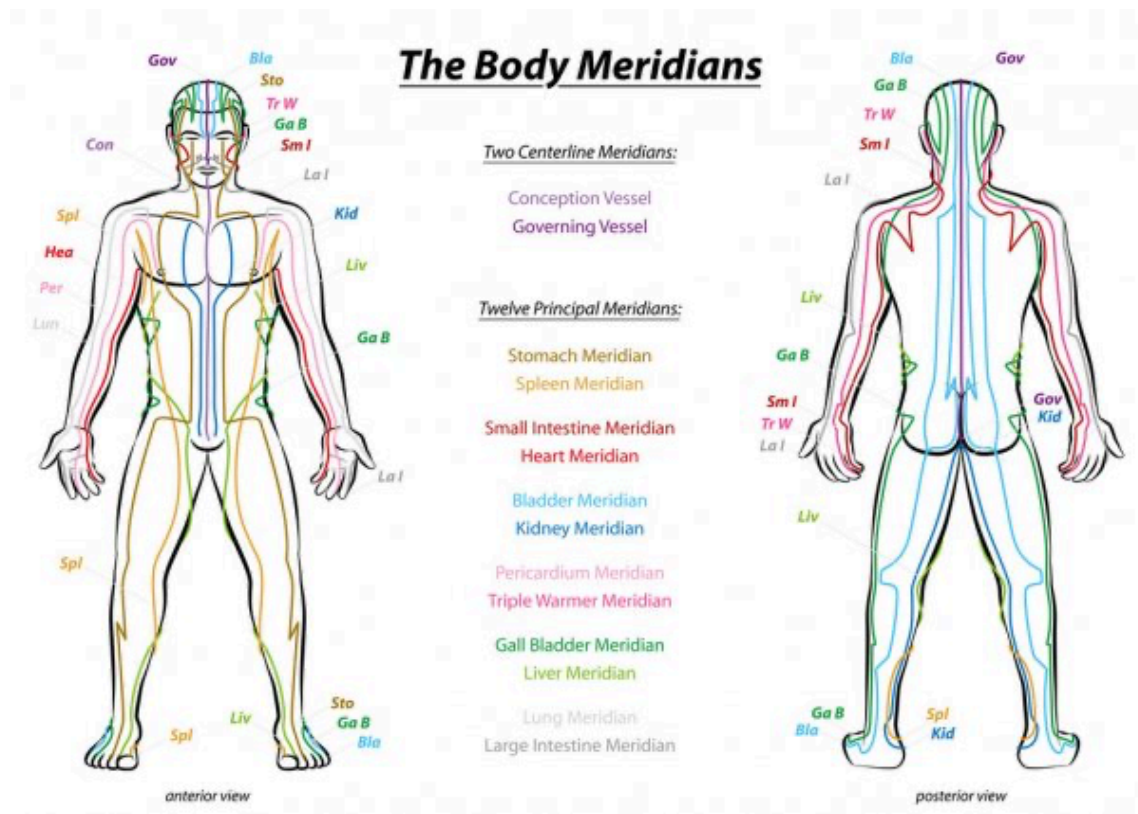
Yang Wei Mai



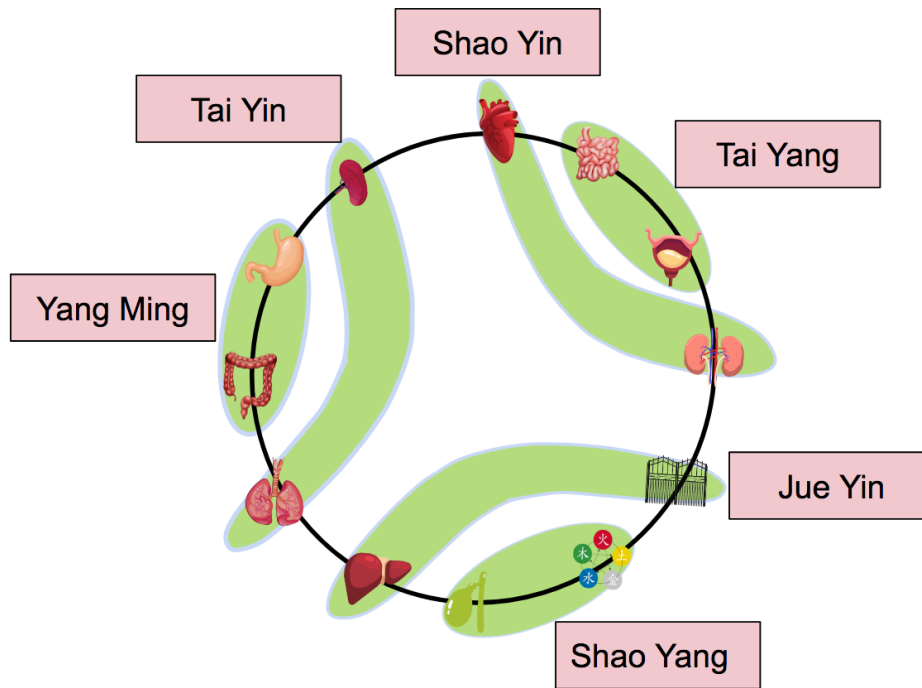
Yin Wei Mai

in relation with the endocrine glands.

Utilization: 12 meridians & Organs



6 paired Meridians/6 phases of Diseases



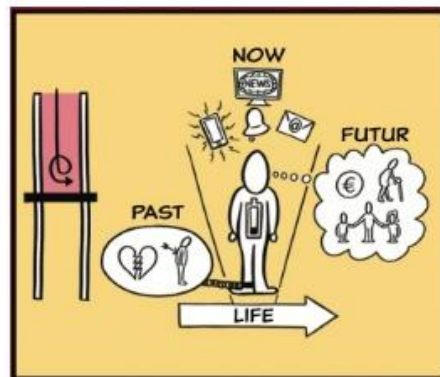
The Six Stages of Disease from the Shang Han Lun demonstrate the progression from the exterior to the deepest layers of the body, causing more serious and complex conditions as it moves inward.

1. Elimination Phase
2. Inflammation Phase
3. Deposition Phase
4. Impregnation Phase
5. Degeneration Phase
6. Dedifferentiation Phase

The role of stress & emotions

In Chinese Medicine, emotions impact the organs and physical health.

The cause and effect are not linear, but circular:
A trapped emotion can cause a health problem,
and a physical issue can create strong emotions.



Constantly feeling stressed or holding back emotions can lead to health problems.

Chinese Energetics offers methods to release traumas and built-up emotions stored in four emotional chains: addressing the root of current negative emotional patterns.



Resonance

Connections linking
the organs, bones, and muscular systems,

without physical (nervous or vascular),
nor energetic (meridian) pathways.

Chinese Energetics techniques help for :

- Digestive and sleep disorders
- Chronic diseases, fatigue
- Stress and mental hyperactivity
- Physical and muscular tensions
- Neck, joint and back pains
- Emotional shocks, traumas
- Endocrine glands disorders



Improves health, wellbeing & performances

- Raise the energy level
- Boost physical performances
- Stimulate emotional balance
- Improve cognitive functions
- Slow the aging process



Ancient Science & Modern Healthcare

The combination of
modern medical treatments & traditional approaches
are complementary to address
both symptoms and root causes of health issues,
offering solutions in :

Prevention: Regular sessions prevent health issues before they start.

Preparation: Strengthen the body's systems for stressful times or medical treatments.

Treatment: Addressing the root cause of symptoms and complementing modern medical therapies.

Rehabilitation: Supporting faster recovery after surgeries, burnout, stroke, PTSD, traumas.

What does prevention mean?

Prevention means detecting at an early stage and addressing potential issues before the symptoms appear or become significant. 4 sessions per year are recommended as health prevention follow-up.

Supervisor

Régis Blin, an international expert
in Chinese Energetics.

With 50 years of experience in clinical
practice and in professional training of
doctors in Chinese medicine, acupuncturists,
osteopaths and new practitioners in France
and around the world (China, USA, Russia, ...)



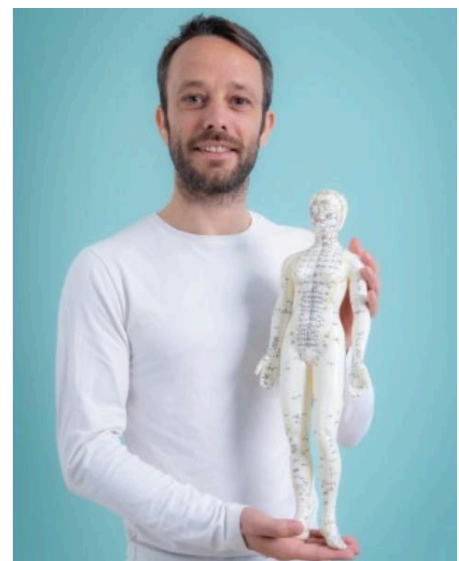
He is the co-founder of the Institute San Yuan in Taiwan
& co-founder and educational director of SFERE Institute in France.

Instructor

Martial Nesselbusch leads Chinese Energetics practice at the BioHealth
Clinic in DIFC, Dubai.

His expertise is recognized by medical
professionals, and complements modern medicine
best practices.

Student of Régis Blin, he teaches the entire
program of the Institute San Yuan,
theoretically and practically.





3-module course

Each course is a 2-day program during weekends : Saturdays & Sundays.

Each course is supported by a live Q&A session on Zoom.

The students have access to a WhatsApp group.

During this course, students learn key concepts using the 12 meridians & acupuncture points with hands techniques:

- 3-stages energy system : Discover the complete cycle of production, distribution and utilization of energies.
- Stagnation: Root cause of physical pains, emotional agitations, and mental overactivity.
- Circulation: Focus on the importance of vital energy circulation - Qi and Blood.
- 6 phases of diseases: Understand the sudden or gradual installation of pathologies.
- Feel the energy: the pulse, the flow, the open/closed position of an acupuncture point.
- Physiology: Discover the role of each organ and the main points to stimulate.
- Restoration: Learn hand-techniques that stimulate the body's own intelligence to release the stagnations.



Study program

- Introduction to major principles: Heaven, Earth, Yin Yang
- Production of energies in the 3 Burners
- 4 therapeutic levels
- Pathway of Water
- Pathway of Blood and Nutritive Energy
- Pathway of Wei Qi or Immunity
- The 6 Paired Meridians & the 6 phases of diseases
- 5 elements theory & associated organs/viscera
- Jing Bie Vertebrae / Source Vertebrae
- Pathways of the 12 meridians
- Circadian clock
- 5 Elemental points per meridian
- Resonance : Ting, Yong, lu, King, Ho points
- Ben points : Master points
- Heaven, Earth, Intermediary points for each function
- Energetic physiology of Stomach, Spleen, Large Intestine, Lung, Bladder, Kidney, Gallbladder, Liver, Triple Warmer, Pericardium, Small Intestine, Heart.
- Study of emotions according to Chinese Energetics
- Study of 4 emotional chains : Du Mai, Stomach, Gallbladder, Spleen.
- Study of the anatomy of the Body with the therapeutic approach to tensions in the bones, marrows, spinal cord, brain
- Study of 8 extraordinary vessels & the endocrine glands

Certifications

Participants will receive a “certificate of participation” upon completing each module.

Following the completion of all modules, the students desiring to earn a certification in Chinese Energetics from the San Yuan Institute will need to pass an exam.

Certification Criteria

To earn the “Certification in Chinese Energetics” from the San Yuan Institute, participants must successfully complete both written and oral exams, as well as present case studies.

These assessments are designed to check students' ability to make accurate energy diagnoses and to apply the correct techniques.





Frequently Asked Questions

What is energy?

A fundamental concept in Chinese Medicine is the vital energy flowing in the 12 meridians. Any energy blockage = root of current or future pains, disorders, dysfunctions, diseases.

How does this blockage appear?

Mainly the accumulation of stress, emotional pressure, mental charge due to the intensity of our modern lifestyle and ancient traumas can block our energy system.

How Chinese Energetics liberate blockages in the meridians?

Diagnostic : A palpation of the pulse, and the structure of acupuncture points.

Treatment : Soft hands techniques on the 12 meridians to stimulate the body's own intelligence and capacity to heal. The practitioner can immediately feel changes in the tissues.

How can Chinese Energetics liberate emotions and traumas?

Even after multiple therapies, some persons still experience stress, fear, anxiety, depression, or being stuck in their life. Traumas, emotions and stress can be blocked in the energy system.

What does prevention mean?

Prevention means detecting at an early stage and addressing potential issues before the symptoms appear or become significant. 4 sessions per year are recommended as health prevention follow-up.

What do people usually experience during the session?

Deep relaxation, physical sensations, warmth or tingling. Emotional releases or sudden relief. Visitors report feeling instantly lighter in their body, calmer in their heart and mind.

How many sessions are required?

It depends on the physical, emotional, and mental state.

For severe issues, usually, after 4-5 sessions, the condition of a person significantly improves.

How does a session take place?

Each session lasts about 1 hour and is responding to the body's individual needs. The person lies down on a massage table, fully clothed. No needles: Soft-hand-techniques.

Is this process suitable for everyone? Adults, children, teenagers and elders enjoy this modality to benefit a more healthy and happy life.



Contact

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Questions & subscription

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Or

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