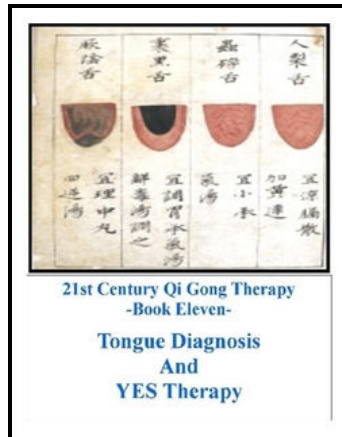


21st Century Qi Gong Therapy
-Level Eleven-

“Tongue Diagnosis and YES Therapy”

By Ashida Kim



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I have heard it said the tongue is a like a mirror, reflecting the microcosm of our body, and the knowledgeable practitioner can choose successful treatment strategies by looking at their patient's tongue.

In this level of study Grandmaster Ashida Kim starts with a serious look at the tongue and its “many relationships and connections within the body, both to the meridians and the internal organs.”

A very clear and interesting chart depicting the specific areas on the tongue is provided to the student which I found to be very helpful while studying this particular lesson.

While viewing the tongue, a list of things to consider for the purpose of diagnosis is well covered.

They are: Position, Lighting, Food and Drink, Brushed Tongue, Time of the Year, Time of Day and One's Age/Body Type.

Further charts are provided for the student which cover “Tongue Body Appearance,” “Tongue Body Shapes” and “Tongue Coatings” with all of their clinical indications.

By the conclusion of this section of study the student will understand that in Chinese medicine, disease is explained by an imbalance of yin and yang and heat and cold in the human body. Chinese medicine believes that chronic imbalances will have a definite impact on the color and shape of the tongue body and the color and thickness of the tongue coating. Grandmaster Ashida Kim provides the student with a great deal of information that will give the student a great starting place in making a diagnosis of these imbalances within themselves and others.

The specific “Skill Set” the student will learn in “Level Eleven” is known as “YES Therapy.” A simple, but nonetheless a very effective tool which will resolve imbalances in one’s life.

“YES Therapy” in this lesson goes through basic protocols for such areas as pain, emotion, phobias, etc. The protocols are spelled out in a step-by-step process so the student can easily learn how to apply this powerful skill set.

What I find interesting in this study is that the “tongue” here is used to diagnose specific problems and it is used as well to heal specific problems.

I am reminded of the following verse of scripture.....

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.” Proverbs 18:21

The student will learn just how important the tongue truly is!