

How Much TCM Do We Know?

~ Why do we have to study TCM classics? ~



While the year of Dragon is arriving, TCMCRI is celebrating her fifth birthday. She is like a little blue-green dragon, rising from the “Shao Yang” east, bringing a beautiful spring entering the western TCM landscape.

Kris Oosting, my co-founder, asked me to explain why we have to study the TCM classics. I cannot and do not dare to touch this challenging topic, simply because my knowledge is too little to explain it. This is Dao. Can we describe the Dao? Lao Zi said, “The greatest Dao is nameless.”

What can I do? I can only meditate in my heart and empty it, keep it pure and peaceful in order to get a glimpse of the divine of these thousands of years of human wisdom which is the secret information of the universe.

Then, I will contemplate on the beauty of TCM classics. These classics are not only the works from thousands of years ago, they have been transcending time and space, still lighten the path in front of us today.

TCM classics are the kind of works, when you are studying them, that let you pass through time. You travel back to the ancient civilization, and luckily entering a dialogue with all the wise sages, and you are touching the universal spirits and becoming immortal...

TCM classics are these kind works that are like the flowers firmly rooted in the earth. They contain the original beauty of heaven and earth. They make you feel alive. They are not like the flowers that you get from a shop and put in a vase, knowing they are going to die from the beginning.

TCM classics are the kind of works that are like the currents on the deepest bottom of ocean, they are so strong and powerful that they can create a tsunami to wash off all the fakes of the superficial world.

TCM classics are the kind of works that you always have to read again and again, and you can never say, “I have read it”. They give true love to you and they are loyal to you. They never cheat you, because they have been used and tested for many thousands of times by life and death. They are not like

those ‘holiday affair lovers’, which may excite you, but do not last and deceive your heart.

TCM classics are the kind of works that everyone wishes he or she could understand completely. Unfortunately, most people are not willing to study them. They think the TCM classics are too difficult to master, too high to touch and too deep to fathom for the bottom.

We are grateful that some of these classical treasures are still available today. To name but just a few:

- Huang Di Nei Jing and Nan Jing: the fundamental theory of TCM, the guiding principles of preserving life, preventing and treating diseases.
- Shang Han Za Bing Lun: the guidelines of TCM clinical application, the father book of Li Fa Fang Yao.
- Shen Nong Ben Cao Jing: the first authority of TCM materia medica.
- Wen Bing Lun: the accomplishment work of TCM by authorizing theory and treatment of epidemical and external inflammatory diseases.
- Four grand TCM master’s works of Jin and Yuan dynasty: Li Dong Yuan, tonify earth school; Zhu Dan Xi, nourish yin school; Zhang Zi He, clear pathologies school; Liu He Jian, cooling fire school.

Lets conclude with a Buddhist saying:

‘Seeing a mountain, is just a mountain; seeing the water, is just water.

Seeing a mountain, is not a mountain; seeing the water, is not water.

Seeing a mountain, is still a mountain; seeing the water is still water.’

Studying the TCM classics allows TCM to enter into your heart. As a result, your prescriptions will be from your heart, not just a medical formula. This is called, “The greatest Dao is nameless, the greatest TCM practitioner heals without medicines.”

I wish that you enjoy strolling inside the TCM classics and that you could discover another great and profound view!

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