

## **Blocked-energy/ heat, Spontaneous release (Katsugen) and exorcism!: what happens when energy builds up in the body.**

There are generally two situations the body can present in: the yin deficient state and the yang deficient state. The yin deficient state is a deficiency of the cool and calmness, it is in fact a hyper-activity of life, or energy that is sped up, inflamed or generally aggravated. This quality in its mild form is merely radiation of energy or heat from the body but in its extreme form it means the body is blocked and overheated.

Yang deficiency is the opposite, it is the situation of low energy and coldness. Sometimes pockets of energy can pool and accumulate but the overall picture is one of weakness of the flow of life-force. As a result this situation need to be supported and strengthened in order to allow the pools of energy to flow better. This is not a situation of “true” blocked energy.

The Yin deficient state really means lack of the feminine-principle or the cooling and calming principle within the body. Interestingly it is perhaps the key expression of the human being today. The human has an overall natural expression that is synonymous with fire - we burn up the world we inhabit ever-quicker, and the extreme blocked-energy state is the “normal” situation we see around us in people day-to-day.

The ego-“self” is very much born from this hyper-activity and heat, which in the human has risen up to the very top of the body and has effected a seeming separation of “me” and “myself”. This internal-reflection is the pathology that we can call the human-condition, it is the root of all dis-ease. The Yin deficient state is one where this is much more activated, and as such madder than yang deficiency which has less energy to be mad literally!

So the yin deficiency situation is one where the ideas that exist in the head of what I am and what I should be override natural bodily instincts and senses. The nature of the “self”, formed from the rising heat of the upright human being, creates the illusion of a world that is separate from it and so needs to be organized and formalized in order that “things go right” or more accurately that the “self” feels secure and stable and isn’t altered in any way, everything is “in control” in other words. This controlling quality however is born of the sense of separation and so the fear of death of the “self” at root. Yet at the same time underneath the top of the head, where all this is imprisoning the body, the body is sensing and feeling all the time. Therefore this is a dichotomy between the organization of the dualistic world of “self” and the nature of the body which is just responding to what’s going on.

What this creates is repression. There is a repression of the instinctual expression and as a result energy stagnation, which leads to very aggressive inflammatory patterns in the body such as cancers, tumours, arthritis, heart problems and many more, in fact almost all the internally-generated problems of the human being, meaning without a climate-based etiology. Slowly science is recognising the larger picture wherein the hormones and chemicals which are involved in inflammation are seen in all cases of inflammatory

disorders and are opposed by those hormones and chemicals which calm and allow relaxation, this is a crude yinyang.

So most humans today are wandering around the world and experiencing internal screaming of the body whilst giving a pleasant smile on the exterior and just “getting on with it” or else simply getting used to excruciating discomfort and hiding this from the world. This leads to a numbing and dulling of the sensitivity of the body so they can keep doing it, which also forms part of addictive patterns like alcoholism and the like.

The point is that with most people often this kind of situation exists undiagnosed, as it is considered “normal”. However, there are sometimes situations when the body can no longer cope and has a spontaneous release of this pent-up energy, repressed emotion or energy. This is often commonly associated with fits and may even be called epilepsy in some cases. It also expresses itself as migraine headaches, sudden and severe vertigo, hot flushes especially in menopausal women and sometimes total mental derangement and outbursts of emotion and hysteria. There are many, many situations that are not understood by western scientific ideas which are essentially and very simply to do with spontaneous release of energy. In some diseases involving the nervous system such as Multiple Sclerosis there are situations where the muscles go into a spasm, which is very similar to people who may get strong cramping in the body. While there is obviously a deficiency in the body, in this case a lack of fluids and cooling agents in the body, the spasm itself is a want for the muscle to tighten up very strongly. Then if this isn't fought against, after it has gone fully into spasm, it will come back down and be looser. This can of course be painful but it is also an expression of a releasing process of the body, or spontaneous ordering of the body occurring due to significant blockage.

In the 1970s a vital clarity about this kind of phenomenon was deeply researched and understood by Haruchika Noguchi, perhaps one of the key teachers of the natural instinctive understanding of the body in the modern era. Noguchi, although not particularly well-known, has a vital message. He offered a set of exercises that triggered the body to move into states or situations of spontaneous release. He called the exercises Katsugen Undo, which roughly translates to “movement that renews life at its root” and it simply expresses as a spontaneous movement, sometimes in the form of stretching, shaking, emotional and physical releases but completely without intention. These phenomena are of course not new and have been previously documented in ancient texts all over the world where they were often associated with situations of exorcism of “demons”. Interestingly Noguchi saw situations such as the common cold and ‘flu in modern society as simply a process of the body's energy levels dropping due to addictive habits of the “self”. When a cold is in full stream the body processes naturally take over and sweating and various kinds of clearing occur to re-order the body. This too is katsugen. This is not the same as a person who has so little energy that they don't have sufficient energy to sweat, but for those who have a strong response to the cold and have what western science calls an “immune reaction”, meaning inflammatory response, the process of the cold re-orders the body which afterwards feels much better and lighter as a large amount of heat and tension has been released through the fever. The body has been exorcized of a demon in ancient terms!

When we look at “non-scientific” ideas such as exorcism in the context of today’s world we might dismiss them. However the description in the very ancient world of “demonic possession” meant something quite different and eventually with the rise of less belief-based approaches such as the formation of yinyang principle in China around BC500, these expressions were described in a less denominational way as excesses of energy of heat that were coming out of the body like a volcano erupting.

Noguchi’s exercises of Katsugen Undo are very interesting in that they help us re-discover ways of creating a situation where the body can completely let-go. Rather than the exercise itself, I feel Noguchi’s understanding pointed to a situation where he knew that the natural instinct of the human was being impaired and the exercises simply offer a way or a point of time/ritual, through which to reconnect to the main areas of held emotional tension in the body and act as portal to the dimension of nature behind the human-world. Many Japanese people practice Katsugen every day these exercises balance out those societies which do not necessarily contain a great deal of verbal expression of emotion and which may be bound to sometimes rigid discipline, hence they become a life-line.

However the problem of repression of emotional and sexual energy is not just a Japanese problem. All over the world, especially in cultures which have aggressive social rigidity, there is an increased incidence of all manner of dis-eases associated with depression, containment of emotion and also very acute spontaneous releases at the point where the body can’t take it any more, they all go hand-in-hand. Freud particularly focused on sexual repression as the focus of psychological problems, and while this is a prime factor it isn’t just sexual, it’s everything. The whole social structure of society has lost touch with all of its senses, sexual response is just one of many aspects, but it’s simply the freedom of behaviour without constraint that is missing. The nature of orgasm is a direct release of spontaneous expression from the body, this too is “katsugen” just like anything else, there is a natural build-up of energy in the human that requires release just like birth, the period cycle, bowel moments, etc. but all of these things are separated from the “civilization” of human society. The human animal is not allowed to just “be”.

Of course release of this kind is well-known in the west. Most of the “primal scream” therapies and various forms of exercises and meditations people engage in are very much centred around “trying” to release. The key difference is that the understanding of Noguchi and others realizes that release has to be spontaneous, it is not something that can be organized to occur at a particular time. One can do the exercises but nothing may happen, often it is the intention and the use of the mind that blocks the process from happening.

Exercise is a very important physical outlet, however very often exercise is inefficient in releasing the body because generally it is done under stress. Exercise of any kind done under stress is aggressive to the natural-body and it will actually cause the body more damage. It is rare for exercise to be both spontaneous and follow no particular set of rules, yet also to be effective enough to open up, often through sweating out tensions and

toxins, while at the same time being completely relaxed. This of course is simply a description of natural movement, animals do this all the time through normal activity, they don't have to "do exercise". But humans who are often sedentary and have lost touch with the body sense often need physical movement to release tensions. If physical movement is part of spontaneous-movement than a naturally-ordered body will come about without trying.

Spontaneous release is actually always happening in all the physiological processes of the body, from the peristaltic movement to the heartbeat to the breath etc. However as soon as the "self" is active in any of these situations the flow of energy gets blocked and there is a seizing up of the natural instinct expression. The human is an animal, it is no better or worse than an animal, but the human does have an impediment to its condition which other animals do not have, this is not even its powerful memory or mental absorption but fundamentally is the short-circuit of "self" which blocks its responses and creates the world we are in which is one of blocked responses and seeming separation.

In the ancient world, even up to the present day in some areas, there are situations in which a person who has a disorder where he or she spontaneously releases or has a severe personality shift, calls for an "exorcism" of some kind and even be told that they have a demon within them. In many ways this is a deeply powerful thing to be told, it allows a person to feel that it is not them, or their "true self" to blame but it is the devil that the exorcist is speaking to, not "You". This means that anything is possible, the person is "allowed" to shake and scream and utterly let go because there is no longer any reason to hold back. This is an amazing way humans have adapted to the situation of excessive energy blockage due to their own social norms. However, if the social structure doesn't let go to the instinctual nature of life beneath, then sooner or later the problem of "demons" will re-appear and need releasing again.

The repression of society is really its denial that the world is One expression (denial in the true sense of the word, meaning that there is no sense of it). There is denial of the fact that there is no truth to the social norms, sexual repression, social hierarchy, the structures that are in place that we all live by, and also denial of the fact that we live with a numbness that is preventing connection of our sense to the world and of our connecting to life.

Most of us live in a dream-bubble which is not in direct contact with the whole experience of the world. This is a night-mare or day-mare of sorts and so the process of Noguchi's Katsugen and healers whose understanding is about a deep trusting in the body's natural way, such as the understanding of Liliana Lammers and Michel Odent in natural birthing, Milton Eriksson in hypno-psycho therapeutics and Akinobu Kishi in healing and energy medicine. There are still some ways to connect to instinctive responses in the world, although most of the time with those who train or teach some kind of medicine or do some kind of therapy. One often sees patients and students coming away with lists of things to "do". The problem is that it is always the intention of the "self" and the direction of it that gets in the way. When there is clarity that it is only through allowing the "self" to drop away in treatment, leaving simply the reality of the

stillness of the moment, just as it is, without any additions, then we find something unexpected at the base, that which cannot be named and cannot be found because it always was and has never left.

Haruchika Noguchi's books can be found here:

[http://www.zensei.co.jp/books/store?genre\\_id=7](http://www.zensei.co.jp/books/store?genre_id=7)

Akinobu Kishi's book can be found here:

<http://www.lifehealingarts.org/html/Seiki.htm>

The work of Liliana Lammers and Michel Odent can be found here:

<http://www.paramanadoula.com/>

Douglas Harding, the triggers to spontaneous sense:

<http://www.headless.org>

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