

Energetically understanding Cancer: the two forms of this dis-ease symptom.

Cancer is a symptom pattern of dis-ease, it is not as many assume it to be, the dis-ease itself. Cancer is best thought of as a massive inflammatory response that is contained under pressure and as a result in many of its forms there is initially a localised tumour, and then an explosive spreading throughout the body. When there is heat and containment of this heat or pressure within the energetic expression of the human body the formation is malignant tumourization. Energetically one might see the cancer itself as light or energy that has gone inwards and is now burning the tissues rather than radiating outwards. This accounts for all forms of cancer with the exception of leukemia where there is more systemic and less local formation of the same pattern. This is a very broad-brush description but we need to look at things in this way in order to get a general perspective rather than the Western medical focus on specific symptoms.

In energetic medicine there are two causal factors for the symptom of Cancer. One is a systemic depletion in the cooling energy or yin, the second is a depletion of the warming energy or yang. Let's look at each: the pattern associated with yin-deficient type cancer is a situation of systemic inflammation the body, which is what many people call "toxic" but few of them actually realize the meaning of this term. The word "toxic" when used correctly, in every case means a situation where the person is severely overheated and that waste products of the body cannot be cleared properly, creating severe blockage and build-up. The person overall will be overheating and will have a majority of symptoms associated with some form of dehydration and fatigue. The person is unlikely to be very active, in fact will have been sedentary for many years, they are likely to have an appetite but have will have been eating contrary to what they actually need nutritionally often based in highly refined foods like sugar and salt. They are likely to be smokers, high quantity drug takers (of any kind) and people who drink a lot and also people who are under stress. They are likely to harbour feelings of deep anger and resentment and the body will likely be "full" of pressure and tension emotionally which will be easy to see externally as a form of explosion waiting to happen. (Note: this pattern is called *Lung deficiency Liver excess pattern*, or another term for it is *Kidney-yin deficiency with Liver blood stasis*, in Classical Chinese medicine)

This pattern is about an excessive heat situation, the cancer is fast-growing here, there can be very quick changes and a person must completely change their lifestyle in order to effect change to the speed of growth of the pattern. Here the most extreme forms of treatment are usually quite necessary, from surgery and chemotherapy (although chemotherapy is akin to poisoning the body to some degree and so has its own side-effects which can be as serve as the cancer and contribute to the problem depending on the constitution) to the stringent natural dietary systems like Gerson Therapy and the use of severe fasts and green juice decoctions as well as enemas. Here the person will be constipated and toxic and all of the above methods are aggressively cooling to the body and give a possible point of resting the system through draining the body of heat. While this can be done in crude or less crude ways the general approach will suffice for this condition and generally because those people with this pattern have a strong constitution they can sometimes manage to deal with the treatment. We can use the idea of "cooling and cleansing" as the general principle of yin-deficient type cancer-symptom, anything that produces this kind of

effect, which includes most treatments available in both western and “naturopathic” type approaches will focus heavily on this. This can be the initial presentation of cancer and after the severe treatment methods the person can quickly move into the following pattern, or the person can in fact start with this second pattern.

There is another type of cancer that is probably more common overall in the West but which is seldom understood and as a result often badly managed by practitioners. Yang-deficient type cancer is fundamentally a weakness of the digestive system. This type of cancer is slower to form, slow but steady and so less fast-moving than the above type of cancer but just as problematic. This cancer is not so based on heavy inflammation plus stagnation of energy, but more on depletion of energy plus stagnation and localized heat-forming cancer. In this case cancer forms because there isn't enough energy to clear the body's energy of unwanted substances and emotional tension so it silts up, and this silt in the long term causes heat, pressure and metastasis but at a much slower rate than the first pattern. In the yin-deficient type there is energy but it is blocked up, fundamentally the body is locked up due to insufficient movement and insufficient hydration, which would both help cool the body. In this case there is insufficient movement and also insufficient energy for the body to circulate and move effectively. Of course toxic pollutants in this case are even more of a problem as it is hard for them to come out of the body. Generally this cancer is harder to treat because the body's eliminatory process is both stagnated but the overall energy of the system is weaker so it is a double issue. (Note: this pattern is called *Spleen deficiency Liver excess pattern*, or another term could be *Spleen yang deficiency with Liver blood stasis*, in Classical Chinese medicine)

This makes for a very difficult symptom picture because there will be signs of both heat and stagnation from the stagnation and cancer formation, but at the same time there will be key cold signs of weakness and tiredness and flaccidity of the tissues that makes this pattern of “true cold, false heat”, or essentially a pattern that is fundamentally about over-cooling, but there are pockets of heat in the body which shouldn't be considered as key. The patient will be less dry and more damp, they may have issues of mucus formations, always digestive problems and inability to digest effectively. Often they will have diarrhea or looser stools but may have alternate patterns of constipation and diarrhea, similar to IBS but the stool itself will be looser. They will often have fungal or parasitic infections, teeth, mouth and gum infections, none of these are the *cause* but all the symptoms of a body that is underpowered and unable to circulate properly. The underpowering of the body makes the immunity low and so infections can be harboured. The patient can be cold, feel exhausted and have general flaccidity of the muscles. Interestingly they may not smoke or drink or take drugs but may be living a perfectly “normal” life except there is likely to be a lack of effective nourishment from food, also there are likely to be stress factors which affect their digestion such as over-working and emotional stress. If they do intake pollutants such as the above, the problems are very severe because this body condition is much more easily damaged by toxins than the other type of constitution, which creates the yin-deficient cancer type. Interestingly many more women get this kind of pattern whereas men will tend to be of the other type, although this is by no means absolute.

The treatment principle here is far different from that of the first type of cancer. In this case the problem is two-fold. Firstly one ideally wants to circulate the body and clear the stagnation but in a far more gentle way than the first type of cancer,

however, focusing on the stagnation/cancer itself is actually totally missing the point here. One has to primarily focus on strengthening the digestive system and enabling the person to generate more energy through the body. It is actually more important in this case more than anything else that the person rests and strengthens the system and also gently, not aggressively moves. In this case surgery and chemo drugs are really an end of the line approach to be used when all else fails, rather than the first port of call. Of course many people have their own opinions on this but all of those have to be measured against what is found clinically and noticed that obviously not every patient with cancer is the same. Just the simple broad-brush measure to at least categorize into two energetic fields allows one to immediately see how different approaches can help.

In both cases of cancer in particular with the yin-deficient type, less so with the yang-deficient type as there is simply less energy, the origin of the dis-ease is a sense of “self” which is fundamentally very strong and essentially wanting to be in “control”. This tendency is found in almost all cancer patients, there is a kind of internal gripping occurring, which is usually to do with making sure “I” am safe, but the very situation often of a holding on to emotional anxiety-based-anger and frustration with such tenacity for very long periods of time, or of the need for “self”-protection simply produces severe stagnation, heat and pressure which can instigate the beginnings of cancer. Cancer cells look like glass that has been warped by heat, deforming their normal structure, and this is exactly what has happened. The deformation is due to energetic pressure and heat that forms the dissonance, but the body can’t recognize this because it’s occurring within its make-up.

Therefore as with all dis-ease cancer at its origin is always about the sense of “self”, the character of “me” that seems to be separate from everything. This means that at a core level cancer calms down when there is a sense of not-just-me or the end of the sense of being an “individual”, a connection with a community, friends and family or tribe are absolutely vital for there to be recovery. Cancer is a symptom of a divided society, it is an expression of disconnection and pent-up tensions that society attempts to hide under the carpet. Yes, sure there are toxins in our diet and in the atmosphere all placed there by humans’ expression that is in itself cancer, but why these things form cancer in one person but not in another is really key. There is both an external toxicity but it is about the body’s ability to clear itself when it is radiating energetically or has a healthy quality. Cancer has crossed species to other animals that resonates with/absorbs the human toxic energy field, so cats and dogs especially but also pollution are allowing cancer to occur in sea mammals and other creatures. This is akin to a toxic overspill, the heat and tension of the human spills over into the natural world, but this doesn't mean they suffer. In the same way childhood cancer is an overspill from the previous generation and situations of ancestral issues as well as the environmental issues occurring at birth. Childhood cancers like leukemia and others are connected to the second form of cancer the yang-deficient type and these will usually have symptoms focused around weakness of the digestion. This is the key symptom although it seems less important than the “cancer itself”.

If we for a moment look at etiology or the origin of dis-ease, as always the root of all dis-ease occurs as “self”, because sufferance of dis-ease is “self” but because cancer is now occurring outside of the human spectrum we have to consider the two types differently. For the yin-deficient cancer we can say that this is driven very much from

inside-only of the “self”, it is based on addictive patterns of behaviour mainly to do with the “self” and keeping it alive. However for the yang-deficient cancer this we have to say is due to both an internal “self” in humans, but it is also an environmental issue, specifically pollutants from the environment damaging the digestive function. So whatever pollutants we are consuming that are damaging our digestion they are also damaging the digestion of “innocents”, that is to say wild-nature and children. (N.B. We can apply this very same logic to diabetes type 1 which has a *component* of yang -deficiency passed on from the previous generation and their diet, and type 2 diabetes which is yin-deficient and is totally causative due to “self” based addiction patterns.). This makes yang-deficient cancer less to do with “self” and more to do with what might be called “osmotic environmental issues”, meaning that it’s got more to do with a natural weakness and a sensitivity due to damage from the exterior, including that of other humans’ natures or society, as well as actual pollutants and disruption to natural energy flow such as electronic devices etc. We cannot say there is any “blame” associated with either type of cancer but we can say that yin-deficient cancer is deeply psychological at root and yang-deficient cancer is only partially psychological. Of course a yin-deficiency can move to yang-deficiency. Particularly after chemotherapy there is often an immediate move into the yang-deficient type of cancer, at least for a while.

Cancer is commonly seen as a “fight” and there is a battling with the symptoms, the tumour itself. However in fact cancer originated in the human-condition, or is produced by human activity, and as a result this is always the origin that it comes back to. Most of the focus in cancer treatment is about the idea of attacking the enemy. It’s all about “survival” and “you can’t know what it’s like until you’ve been there”, which breeds a kind of “veteran of cancer” model and a militaristic attitude. However this approach has very little to do with medicine and very much to do with out-and-out war on the body by the “self” that wants to rip out the intruder and stay intact, but because the intruder *is* the “self” this is a problem. If we look at the two forms of cancer, the yin deficiency cancer being focused in the idea of “I am” forms almost purely internally, one can see easily why the mentality that creates this problem would consider a self-flagellation of aggressive techniques of cleansing, cutting or killing to be the correct response, and in a very limited way this is true but only in an acute sense. To focus only on the tumour itself and to cut it out or destroy tissue is really just the branch treatment. Treating the root is to realize that calming and cooling means relaxation at a deep level and ultimately a letting go and transformation of what “I” think “I am” into just what is, in a way cancer is a call of the body to come right back to instinctive healing and to realize what suits and what doesn’t, and it’s fundamentally about feeling better, not about “fighting”.

Even more importantly for yang-deficiency type patterns of cancer aggressive and restrictive situations of cleansing can lead to a reduction of the energy in the body because approaches such as those are actually akin to self-harm and are too cold and too forceful. This can in fact lead to an encouraging of the growth of cancer and eventual exhaustion and possible death, not due to the cancer but due to secondary complaints from exhaustion of the body’s natural energy reserves. As this form of cancer is less to do with “self” and more to do with environmental factors, it is even more vital that this is recognized and treated accordingly, for while the harsher expression of yin-deficient cancer might be able to tolerate the aggressive approaches

for a while, those with yang-deficient type cancer cannot and it is therefore incorrect and indeed malpractice to perform treatment which would act in such way.

As always the fundamental of treatment is based on clear diagnostics which means simply seeing what is without adding anything on, simply allowing it to be what it is without augmentation of the practitioner's beliefs one way or another. Cancer needn't be the bane of our lives to be feared as evil, it can be the realization that it's time to change, time to "cool and cleanse" after there being too much heat and aggression, or the time to rest and "recover and circulate" after the body has been battered by the human world and requires support. In either case the practitioner merely describes the energetics and in the description what to "do" is simply as obvious as taking the next breath in. The focus is always on "doing" something, but actually when we listen to the senses and what the body wants at a deep level, not an addicted level, or someone else's perception of what the body may need, then there is a clear direction and this requires no pre-meditated "doing" but comes from an innate sensitivity which exists naturally without "me" involved. Instead of forcing the body into "beating" the cancer, it is about a process of unravelling process which ultimately needs to be listened to and followed because the cancer is not separate, it is the cry of the body to come "home".

David Nassim
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