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## Chinese Metaphysics

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Whenever someone mentions to you 'Chinese metaphysics' you should ask him or her which one they are referring to. After all, Chinese metaphysics (術數) is also known as 'Five Metaphysics' (五術). These five variations evolved from observing the principles of nature and the interactions within different contexts. And, they are based on none other than the theories of Yin and Yang, Five Elements, Lok Shu Magic Square, Ten Heavenly Stems and Twelve Earthly Branches. As such, their roots are not surprisingly from I-Ching, *the Book of Changes*. The Five Metaphysics, known as **Mountain** (山), **Medical** (醫), **Predictive** (卜), **Life** (命), and **Facial** (相), are each briefly described below.

**The word 'mountain'** alone is associated with hard geography but the practice of such includes Ham (堪) and Yu (輿). The word Ham (堪) is related to sky or heaven or anything above the ground. While Yu (輿) is associated with ground, hill, mountain or anything below ground. In simpler terms, Ham is associated with studying astrology, the movements of solar and lunar planets, and the calendar and so on. While Yu is associated with land forms, energies permeating and forming the land and the living environment of human beings. The naturally protective of human beings, seeking security and health, led to the development of martial arts. Striving to harness the best energies in the environment led to the study of Feng Shui.

**Traditional Chinese medicinal study**, termed Central Medical (中醫), is an ideal set of systematic, integrated theories. This unique medical approach diagnoses

patients through observation (望), inquiry (問), smell (聞) and attention (切), while using herbs (草藥), acupuncture (針灸), pressure point massage (穴位按摩), qigong (氣功), massage therapy (跌打), therapeutic and acupressure therapy (火罐, 刮痧) and diet as remedies. The intent is to utilize preventative, rather than curative measures.

Ancient Chinese used all sorts of **predictive** methods to forecast or foretell future events and life activities. Still in use today, these predictive tools include Man Wong Gua (文王卦), Miu Fa Yik Sou (梅花易數), Kei Mun Tun Kap (奇門遁甲), Five Element Changes (五行易), Yik Lam (易林), Yin Kam (演禽), Yin and Yang Bowl (陰陽杯) and Kau Chim (求籤). They are used to determine the auspicious or inauspicious occasions of certain events that are associated with certain time frames.

The changes of **life's** events and activities are shaped in a bell curve and, therefore, the journey of life is patterned in such a way whereby occurrences are bound to happen repetitively. The study and tools for analyzing these repetitive life path patterns have been passed down from generation to generation for some 4,000 years. The predictive tools include the Four Pillars of Life (子平命理), Zhi Mei Astrology (紫薇斗數), Tik Pan San Sou (鐵板神數), Wong Kek Yin Sou (皇極易數), Seven Major and Four Minor Stars (七政四餘), Three Generation Life (三世書), Yin Kam Fa (演禽法), Chin Ting Sou (前定數) and Leung Tou Kam (兩頭鉗). These tools can help determine a person's life journey and identify patterns of auspicious or inauspicious energies that may lead one to make certain critical decisions in life at certain points in time.

**Face and palm readings**, as well as aura and vocal energies, are used to analyze and predict a person life's destiny. Often requiring the rare ability to read subtle energy, these unique observational techniques are still practiced today.

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