

[IMAGE]

Consciousness: Ayurvedic Medicine, Chinese Medicine, and Mayan Perspectives

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In many cultures consciousness is accepted as part of everyday existence and even relied upon and applied as an integral part of the medical diagnosis to counterbalance disease. Elevation of consciousness (increasing one's frequency, vibrational level, in which they resonate) is seen within numerous cultures as the Dantian centers (chakras) in Chinese Medicine, Chakras in Ayurvedic & Tibetan Medicine, Cycle of 20 sacred Suns in Mayan and 2012 end date of Mayan Calendar, Hopi/Tibetan Time of Never Ending Peace, and the list goes on.

The interrelationships between humans and the Universe have been articulated in numerous cultures.

In Eastern Medicine, we have articulated this as understanding the dynamic relationship between heaven and earth, macrocosm/microcosm. Eastern medicines diagnostic methodology identifies these dynamic relationships and articulates how we develop chronic diseases over time in relationship to our environment, lifestyle choices as well as treatment strategies that counterbalance chronic diseases rather than disease management.

This mindset has only recently gained momentum in science since the early 2000's with the explosion of epigenetic research after the realization from the Genome Project human complexity is not based within the amount of genes we have, but rather how these genes are turned on/off. This was a huge turning point in science that points out we are not separate from the environment, but rather there is a dynamic relationship between the environment and humans.

Although this is significant in validating what many cultures have already understood – it is in its infancy in understanding within the sciences. The Mayans along with many other cultures have also articulated how the planets move in patterns and within these patterns they are cyclic and therefore have predictable influences on our environment (nature) and humans (consciousness) as well as cyclic changes effecting our environment in which we live as well as our individual and global evolution of consciousness.

Ayurvedic Perspective of Consciousness

In Hindu philosophy, the macrocosm/microcosm have a dynamic inter-relationship that articulates Prana (energy) and its relationship between the Doshas and Five Elements. The chakras represent vibrational frequencies, basically spinning energy vortexes, associated with the midline of the body. Each chakra is represented by a number of lotus pedals that identify the rising energy or frequency level from one into the next. These chakras are very similar to the five elements of correspondence in that they not only articulate elements, sounds, glands, colors, organs, numbers, planets, tissues, foods, emotions etc....They also represent levels of consciousness where we can choose to work towards raising our frequency level to be more in alignment with nature and the Universe. This is what is referred to as raising levels of consciousness - one is raising their frequency level. On these lotus petals with their specific geometric shapes are inscribed Sanskrit letters indicating their sound-vibrations also represents each chakras own vibrational frequency. Hence, sound, chanting, meditating, color, herbs are all related to specific frequency levels associated with the chakras. The chakras are used as an integral part of the diagnostic methodology as well as treatment method on multiple levels. Here are just a few examples related to the chakras.

Chakra	1st	2nd	3rd	4th	5th	6th	7th
<i>Color</i>	Red	Orange	Yellow	Green	Blue	Indigo	Violet
<i>Location</i>	Perineum	Lower abdomen	Solar plexus	Heart	Throat	Between eyebrows	Above Head
<i>Element</i>	Earth	Water	Fire	Air	Either/ Sound	Light	Thought
<i>Frequency</i>	C - 65.41 Hz	D - 73.42 Hz	E - 82.41 Hz	F - 87.31 Hz	G - 98.00 Hz	A - 110.00 Hz	B - 123.47 Hz
<i>Emotion</i>	Fear, The right to be here	Guilt, The right to feel	Shame, The right to act	Sorrow, The right to love and be loved	Lies, The right to speak and hear truth	Illusion, The right to see	Attachment, The right to know

Chinese Medicine Perspective

The macrocosm (Heaven)/microcosm (Earth) inter-relationship is articulated through the dynamic relations of Yin/Yang, Five Elements, *Qi* (movement of everything) , Blood, Body Fluids and Shen. Chakras are articulated within Chinese Medicine through the Three Treasures (energy): Generating (*Jing*), Vital (*Qi*) and Spirit (Shen). These as a cumulative whole represent the Dantians (chakras). These dantians are composed of upper, middle and lower centers.

Upper centers represent Shen (spirit energy) and relates to the 6th (third eye) and 7th (crown) chakras. Middle centers represent the *Qi* (vital energy) and relates to the third (solar plexus), 4th chakra (heart) and 5th (throat). Lower centers represent the Hara as well as the *Jing* (generating energy) which relates to the 1st (sacral) and 2nd (umbilical) chakras.

These centers are interrelated with the meridians/vessels/channels and bones (*Jing*). Within Taoist literature the Shen is associated with three of the Eight Extra Meridians: *Ren Mai* (front midline channel), *Du Mai* (posterior spine channel) and *Chong Mai* (center of body where the seven major chakras are located from crown through perineum).

Within this perspective the physical body is the root for the spiritual development. Thus, exercise in the form of internal martial arts as Tai Qi/Qi Gong and yoga among others provide the basis of support for the meditative practices cultivating elevation of consciousness.

The following is the Taoist perspective of the interrelationships between the Three Treasures:

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This is considered the foundation and the strength for the rest of the body.

Energy Centers	Shen	Qi	Jing
Location	Upper	Middle	Lower
Energy	Spirit	Vital	Generating
Chakra	6th (third eye), 7th (crown) chakras	3rd (solar plexus), 4th chakra (heart), 5th (throat).	1st (sacral), 2nd (umbilical) chakras
Consciousness	<p>Psychic abilities (mind)</p> <p>-perceives more subtle vibrations and frequencies being emitted by the earth, planets and stars</p> <p>This is where an individual is more capable of tapping into a higher a consciousness and knowledge</p> <p>Intention (mind) –the ability to initiate an idea or use intention for a physical movement or reflecting internally</p>	<p>Nature of fire on physical & emotional levels</p> <p>It related to the heart ability for compassion and express feelings.</p> <p>It's the mixture of earth from below and with heaven from above creating emotional this energy</p>	<p>Lower vibrations energies (slower) and more dense forms of matter, results with physical manifestation of objects & accomplishments</p> <p>This is at the center of the abdominal area, which is the physical center of gravity.</p> <p>This is considered the foundation and the strength for the rest of the body.</p>
Symbol	Yang	Tai Qi	Yin
Element	Fire	Water	Air
Organ/s	HT / LV	SP	LG
Meridian/ Bone Association	Extra Meridians (Ren, Du, Chong)	Meridians	Bones
Movement Direction	Up	Up/Down	Down
Cultivation	Meditation	Tai Qi , Qi Gong, Yoga etc...	Sexual

In traditional biomedicine, we articulate a diagnosis based upon physical symptoms in order to diagnose a condition to know how to treat that condition through disease management using pharmaceuticals and/or removal using surgery. There are other diagnostic methods indicating a more subtle state of imbalance before cells physically manifest abnormalities that can be measured through diagnostic testing before a treatment can be implemented. Chinese/Ayurvedic Medicine articulates these subtleties within the diagnostic methodology, which are also associated with these chakras. Through meditation and exercise (*Qi Gong, Tai Qi, Yoga*) we can effect treatments to counterbalance these subtle disease states as well. Clarity within ourselves provides clear intention as part of the healing process in our treatments as well as teaching our patients specific meditative techniques and exercise as part of the patient's treatment that magnifies healing using frequency and conscious awareness!

Mayan Calendar and its Relationship to Consciousness

The Mayan calendar is a synergistic inter-locking calendar that relates to not only planetary cycles but also articulates the cycles involved with the evolution of consciousness. The Mayans have two concepts of time: 1) linear and 2) cyclic and/or synchronistic. Linear time is based upon the Long Count and cyclic based within the Haab and Tzolkin.

These are the three calendars most people are familiar with - these are all inter-related identifying each with a specific function: 1) Tzolk'in - 260-day ceremonial calendar, which had 20 periods of 13 days - this calendar has a cycle which repeats every 260 days; 2) Haab' - 365-day solar calendar and 3) Long Count which is the one that ends this year 12/21/2012 - is a non-repeating, vigesimal (base-20) calendar - identifies a day by counting the number of days passed since August 11, 3114 BC (Gregorian).

Mayan Elders perspective is that the universe comes from the Pleiades. Basically the cycle of Pleiades uses 26,000 years in which the Sun orbiting Alcyone, the central star of the Pleiades, is reflected in the calendar encompassing 260 days. Pleiades plays a key role during the Equinoxes and Solstices which are established by this Precession in the Northern and Southern Hemispheres. Its significance is articulated with Mayan astronomy in which the Tzolk'in and Haab calendar intersect every 52 years. The influence of Pleiades is higher consciousness is more accessible to humanity. Time is associated in coordination with the galactic precession. Alcyone is the central star of the Pleiades (Earth Goddess) which Mayans articulate lessons to be learned from Alcyone are those dealing with compassion, higher wisdom, vision, and Earth consciousness. It is interesting to note that other cultures also observed and identify Pleiadian alignments like Ancient

Egypt and Greek Temples, Giza and the Great Pyramid, including other stone circles and rock formations globally.

Venus was another planet that was a factor in the Pleiades cycle that was synchronized with the sacred Tzolkin, the Haab, with the Venus Round. Venus traces a five-pointed star (pentagram) around the circle of the ecliptic. Venus transit occurs only as a double visitation eight years apart once every 125 years and the latest double happened on June 8, 2004 and again on June 5, 2012. According Mayan beliefs this magnifies the influence on our inner psyche as well.

Mayan daykeepers view the sunrise on December 21, 2012 as a rebirth, the start of the World of the Fifth Sun. This is said to be the age of expanded consciousness where humans are able to live in harmony with the Earth, the environment, all creatures, and the greater cosmic order. This will be the first time in 26,000 years with the solar meridian crossing the galactic equator, and the Sun, Earth and Moon will be in alignment with the center of the galaxy.

This represents the start of a new era and signifies a cosmic cross or scared tree know within all world spiritual traditions as the Tree of Life. The end of one era into the next! The Mayan built pyramids which were based upon the Pleiadian alignments and is viewed as the World Mountains or symbols of the Cosmos. These pyramids articulate the evolution of consciousness and are associated with nine creation cycles, which represent nine levels of consciousness or Underworlds. Within each of these nine underworld exists Thirteen Heavens (thirteen specific durations of days and nights) corresponding to each Underworld. There are thirteen deities or "gods" to each Heaven with different attributes. Each one of these gods has a creative progression theme from one to the next higher level of consciousness. The last step of the pyramid is only 260 days and articulates an unprecedented cosmic "awakening" time (raise in consciousness level).

Consciousness between different indigenous perspectives is accepted as part of everyday existence and even relied upon and applied as an integral part of the medical diagnosis to counterbalance disease. Ayurvedic Medicine articulates levels of consciousness through chakras including diagnostic and treatment methods with associated tones, colors, foods, herbs, specific type of yoga, meditation for each chakra.

Chinese Medicine with the seven towers or the (Taoist perspective) articulates consciousness through the dantian (upper, middle, lower) centers and Shen. In which the diagnosis and treatment would include identifying the associated center as well as the acupuncturist differential diagnosis and what organs, direction to move associated meridians/channels/vessels/bones with meditation, Tai Qi Gong among others.

The Mayans identify individual consciousness using the 20 suns and their manifestation of reality within the four directions. Each direction has cyclic patterns of movement starts in the East and is then refined in the North and moves to the West where it is transformed into light then flowers in the South.

Basically these groups are ruled by consciousness that is related to emotional and physical reality. The four Mayan sun groups are related to four specific continually evolving groups of consciousness that are articulated and related to specific epochs as 1) individual, 2) community, 3) global, 4) Universal.

The Mayan's perspective is that each "Sun" is associated with and influenced by cosmic movement of planets that trigger ancient memories with the ability to activate those memories as well. By being aware of ones "Sun" based upon birth would articulate tendencies with strengths and weaknesses. Evolution of consciousness was understood not only by Mayan culture based on Pleiadian alignments and interrelationships that are articulated with the building of the pyramids, but numerous other cultures had similar understanding of science, astronomy, mathematics and understanding of consciousness.

Hopi and Tibetan axial twins refer to this as the Fifth world the time of never ending peace. Hindu's Yuga calendar is transition from one age into the next. There are many planetary rarities happening this year that one cannot ignore. We have much to learn from these different cultural perspectives and consciousness is an integral part of the process!

The message of the Mayan Elders, Hopi, Tibetan, and many other indigenous cultures about consciousness is that one must find their own truth. We are all an active part of the change and we all have choices (free will).

Meditate, remember to take action, be clear with who you are and your relationship to our environment, listen and think with your heart, eat nourishing food, exercise (yoga, *tai qi*, *qi qong*), respect differences and strive for unity. Indigenous knowledge shares its simplicity that truth is found by sitting quiet in observation of the world while experiencing and being in the present moment with wisdom and insight. Respect and honor everything in nature equally and appreciate the delicate relationship with our environment. Just listen with your heart and you will know - this represents the transition into and the new era!

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There is little doubt that Ronda Wimmer is one of the most credentialed health care providers to join *Acupuncture Today's* group of distinguished columnists. The list of academic degrees Dr. Wimmer has attained covers a vast expanse of natural and sports medicine. She earned a bachelor's degree in kinesiology and athletic training from California State Polytechnic University in Pomona (1992) and a PhD in natural medicine/nutrition from the California College of Natural Medicine (1993) before beginning her acupuncture studies at South Baylo University, from which she graduated in 1997. She has also studied abroad at the University of Heidelberg and the New Zealand School of Physiotherapy. In addition to being a licensed acupuncturist, she is a medical herbologist; a licensed massage therapist; a certified sports medicine specialist/sports performance specialist; and a certified athletic trainer (courtesy of the National Athletic Trainers Association).

Dr. Wimmer has been an educator since 1983, and is the author of several textbooks on pathophysiology, kinesiology, and physical medicine and rehabilitation. She currently divides her time between teaching at Chapman University, Cal State University at Long Beach, and Goldenwest College. She also runs an integrated sports medicine center in Newport Beach, California, and has worked as a trainer/consultant with professional and amateur athletes for several years.

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