



## VIC State Committee Event | 19 April 2020

### Part 1: Huangdi Neijing Lingshu: A carefully constructed Classic, closely integrating content and structure

*Presented by Ted Davis*

Huangdi Neijing Lingshu is a carefully constructed Classic, closely integrating content and structure. A number of areas contribute to an appreciation of just what it may be that the Lingshu offers. These include an understanding of:

- the meaning of the characters in the title – ling, shu.
- its Heaven Earth Man organisational structure as a special case of Root/ Branch conceptual theory.
- the interlocutory organisation of many chapters, but what then do the non-interlocutory chapters contribute?
- the role of the six participating personages in the presentation and content of the textual material, [HuangDi/ LeiGong, QiBo/ BoGao, ShaoShi/ ShaoYu].
- the role of 'numbers' in clarifying the intention of the Lingshu's authors.
- the Lingshu's place in various threads of early Chinese lineage/ thinking – medical, philosophy, cosmology, literature, etc. – especially re the Neiye, Guanzi, Huainanzi, Lüshi chungju.
- the significance of major [background] themes; including the role of Water, Root/ Branch conceptual theory, personal cultivation.
- and perhaps most importantly – the way these various areas relate, combine and have been thoroughly integrated to create the final complex and sophisticated Classic that the Lingshu is.

Participants can expect to deepen their understanding and appreciation of this venerable Classic.

### Part 2: The Art of Self Care – Caring for the healer

*Presented by Daisy Chai*

In this fast-paced digital world of ours, where we are all connected 24/7, we are expected to receive and respond immediately to whatever is sent, we have to prioritise all the varied tasks, on both the personal and professional level, in order to get them done in a timely manner. And still, not everything may be crossed off our To-Do lists.

As practitioners,

- We have a duty of care to our patients. We give advice/recommendations to them on how to have a balanced lifestyle, yet how many practitioners heed this advice themselves? How many practitioners walk the talk?
- We take steps to learn about, develop and maintain relevant skills eg by attending talks, seminars, conferences
- We are mindful of the regulations that we have to operate under
- We are exposed to a lot of pain and suffering, which may cause some to feel overwhelmed, powerless and suffer from compassion fatigue
- We can feel isolated especially if we are also running a business and all that comes with it.

As a result, practitioners may neglect their own needs. "So many things to do, so little time" is a well-known catch cry. However, shouldn't practitioners have a duty of care to themselves as well? How many practitioners are aware of their unmet needs and put time aside to deal with them? How many practitioners consistently allocate time, energy and focus on their well-being? How many practitioners have a self-care plan? Yet being a balanced person also means being a balanced practitioner.

Upon completion, participants can expect:

- Having more of an awareness about the meaning of self-care
- Gaining knowledge of other factors that have an impact on us apart from diet, exercise and sleep
- Having the opportunity to tap into their subconscious for guidance/insights
- Being able to create (or start to create) a self-care plan

**Attendees: please bring along your favourite colour pencils, crayons and/or pastels as well as pen and notebook to write down notes, insights and action plan. Paper will be provided.**

## About the presenters

**Edward (Ted) Davis** - Dip Acup. (AAC); Dip Herbal Med. (AAC); B Ec(Hons) (Monash); M App.Sc. (LaTrobe); PhD (Med. Alternativa).

Through the past three decades Ted Davis has:

- been in clinical practice (acupuncture) since 1989 [part and full time].
- taught acupuncture at two private colleges [1990's].
- published eleven articles in professional Chinese medicine journals.
- presented at two AACMA conferences [State, 2018; National, 2019].
- taught undergraduate anatomy & neuroscience at LaTrobe and RMIT universities.
- served on editorial committees at the Pacific Journal of Oriental Medicine, and Australian Journal of Acupuncture.

**Daisy Chai** - BHsc (Acup); Dip Transpersonal Art Therapist; BBus

- Daisy has been a Chinese Medicine practitioner since 2003 and as a Creative Arts Therapist since 2008.
- She is passionate about using a holistic and integrative approach to health and wellness as she believes this will provide a more effective way of promoting balance, wellbeing and vitality.
- She conducts talks and workshops that are experiential in nature on a regular basis to the wider community.
- Daisy's goal is to educate, inspire and empower people.

## Event Details

<b>Date</b>	19 April 2020
<b>Time</b>	1:30 – 5:45pm
<b>Cost</b>	AACMA Members: \$40 (walk-in: \$50)   Students Members: FREE   Non-members: \$60 (walk-in: \$70)

- *Please register with AACMA prior to the event. This event has a maximum capacity of 70. NO walk-ins will be accepted on the day if the number limit has already been reached.*
- *No fees for AACMA student members.*
- *Non AACMA student members pay the same price as non AACMA member registrants.*
- *Students need to show their current student card on attendance at the event.*
- *Photos may be taken during the seminar. These photos may be published in the AACMA newsletter.*
- *If you do not wish to be photographed, please inform the AACMA head office when you register for this seminar.*

**Venue** Phyllis Hore Meeting Room, Kew Library, Civic Dve (Off Cotham Road), Kew VIC 3101

**CPD** **4 CPD points (including 2 professional issues points)**

**Registration Via Office** Via office - RSVP by 12:00 PM EST, Thursday 16 April 2020.  
Contact AACMA national office on 07 3457 1800 or email [aacma@acupuncture.org.au](mailto:aacma@acupuncture.org.au)

**Please bring your AACMA Tax Invoice as proof of your seminar registration and payment**

*Registrations and payments are to be done either via BPAY or over the phone via credit card. Please contact AACMA national office on 07 3457 1800.*

This is an AACMA-organised seminar. All enquiries should be directed to AACMA.

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### **Who can attend AACMA State Committee events?**

Attendance at AACMA State Committee events is open to AACMA members and non-members who are either CMBA-registered Chinese medicine practitioners or students enrolled in an AACMA/CMBA-approved acupuncture or Chinese medicine program. Preference will be given to AACMA members where numbers are limited.

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### **Cancellation policy for paid events**

Cancellations received one week or more before the event date will incur a \$20 administration fee. There are no refunds for cancellations received less than one week before the event or for failure to attend the event; however, a credit, minus the \$20 administration fee, can be retained for future events.

Any changes to event date, time, location, content or speaker(s) will be advised by the AACMA office before close of business on the Friday prior to the event.

Cancellation of registration due to event change(s) received before the Friday prior to the event can be arranged as a refund or credit for future events. Cancellation due to event change(s) received after the event date will be arranged as credits only if the registrant did not attend the event.

Please note that the AACMA office is not able to notify registrants of any event changes that may happen after the close of business of the Friday prior to the event.