

**‘THE DOCTOR IS THE MEDICINE’
with GABY HOCK
SATURDAY DECEMBER 5TH 2009**

“Look at this window: it is nothing but a hole in the wall, but because of it, the whole room is full of light. So, when the faculties are empty, the heart is full of light; being full of light it becomes an influence by which others are secretly transformed.” (Thomas Merton, 2004, p.56)

The Doctor is the Medicine. The doctor’s inner qualities, which we shall illustrate with clinical examples, were recognised in Chinese medicine, where new science and ancient wisdom each recognised the significance of the heart. Chinese philosophy explored the anatomy of the human spirit and its five divisions: the Will, the Corporeal Soul, the Ethereal Soul, Intention and Spirit itself. They are known collectively as ‘the Five Shen’ or the ‘Five Spirits’.

Today we shall experience, through meditative reflection, guided imagery and brief interactive exercises, how the heart’s intelligence may be actively engaged. Participants will have the opportunity to connect with their own five ‘Shen’, discover ways to cultivate them and so gain a measure of their power within.

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|--------|------|-------------------|------------------|-----------|
| 神 | 志 | 魄 | 魂 | 意 |
| Shen | Zhi | P’o | Hun | Yi |
| Spirit | Will | Corporeal Soul | Ethereal Soul | Intention |

“By far the most frequently used drug in general practice was the doctor himself. It was not only the bottle of medicine or the box of pills that mattered, but the way the doctor gave them to his patient – in fact, the whole atmosphere in which the drug was given and taken – ” (Balint 1957, p.1)

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Gaby Hock began her career as an Acupuncturist in 1978 and as a Transpersonal Psychotherapist in 1992. Since then she has run classes and workshops in the five elements and on personal development. As well as her deep interest in Chinese philosophy, her personal practice over the last 25 years has been in the vedic tradition.

- Venue :** Rock Bank, 50 Station Road, Cropston, Leicestershire.
- Parking :** Not outside the house nor in the shared driveway, please.
- Time :** 9.30 for 10.00 am to about 5.30 pm.
- Tea and coffee :** will be provided.
- Cost of day :** £ 75
- Lunch :** Pubs in the village are good,
or bring your own to have here.

Please return the slip with fee to : Hazel Marshall, Rock Bank,
50 Station Road, Cropston, Leicestershire, LE7 7HD. Tel. 0116 236 4256

BOOKING SLIP

Name

Address

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..... Tel.

I would like a place on Gaby Hock's day,
 Saturday December 5th

I would like a map

I enclose the fee : £ 75 (some concessions)

Cheques please to Hazel Marshall