

A woman's blood energy dictates how easily she travels through her menstrual and motherly roles.

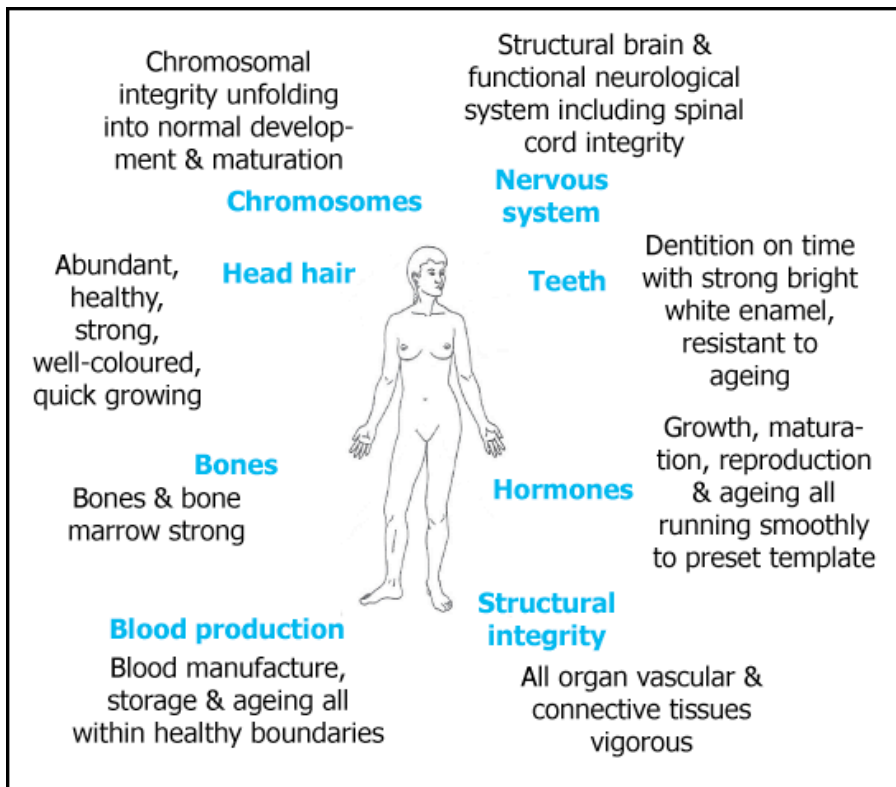
It also allows for great emotional and mental health: how attractive she is to men and how fertile she is - in

JING - WHAT IS IT?

How our Jing has developed and used is the story of being a person - and was written down a very long time ago in the Chinese classics. I represented this as a very [beautiful poster](#) I had designed about ten years ago to help patients understand how to live well in order to make the best babies possible. If we knew what we were doing and actually lived our lives in stewardship - on loan from our great grandchildren, we would all be in a very different state - globally and within our own families. This is especially true leading up to the conception of our most precious resources - our children.

Our Jing is expressed in all the ways that we are here as people - and especially our ability to develop and grow and mature and be here as independent and functional. Very much so reproductively - as the manifestations of Jing and Blood often hold the clues to fertility options - hence the questions I ask about the state of the head hair; the teeth; the soles of the feet; the colour of menses; the sleep; the fingernails - all these start to bear relevance when you see it is how well the person is that determines their fertility - not how many birthdays they have had or how right the numbers look on a piece of paper.

WHAT THE JING EXPRESSES THROUGH



All aspects of who we are are expressions of Jing; whether baby is strong and vigorous, or sickly and needing lots of health care and attention is all related to Jing - hence the strongest you start the conception being, the most chance you have of having a robust vibrant baby.

Why leave it to chance and hope once pregnant? You

All this information is relevant to baby making - you were made yourself by your parents - possibly not as consciously as you may wish to make your babies so if you may intend to try harder - what can you do?

UNFOLDING JING

		BLUEPRINT	HOW TO MAXIMISE
Pre-conception		The more undifferentiated we are, the greater the effect everything has upon us. At our very beginnings even minute doses of contaminants, in whatever form, alter forever what and who we were to be. Changes made to our blueprint at this point are indelible.	Strength of future person's constitution, thus experience of this dimension is cast through the pre-conceptual lifestyle choices and personal decisions made equally by both future parents. Both chronological and biological age determine the calibre/quality of parental acquired Jing to the offspring.
Gestation		The closer we as beings are to the time/source of our physical conception, the more profound the incidents' effects on us. The less formed we are, the more vulnerable we are to any influence.	Calm, regular, respectful self-care in a peaceful environment, free from health imbalances to ensure full blossoming of the DNA and Jing potential into an independent, brand new perfectly functioning baby person.
Birth		The birth process is one which terminates our dependence and throws us into separation. The manner of the severance of our lifeline to our mother creates our lifelong personality/behaviour traits (see pp 70, 71). At this time any deviation from 'natural' throws us into a distorted energy pattern, independent of the Jing template. We then get to work through this as our 'windscreen' on the world.	Relaxed, happy healthy mother full of abundant qi and blood energy to allow an easy delivery free from fear-based consequences. Labour to commence and progress smoothly, baby to be delivered with minimum fuss, or trauma, ensuring a safe transfer from dependent fetal circulation to independent existence. This initiation into 'the world' being a crucial developmental pivot upon which all future energy cycles rely (pp 70, 71, 197-8, 201).
1st cycle	F 1x7 M 1x8 years 7 8	Digestive system immature, taking time to learn to operate at peak efficiency. Baby systems are brand new, needing respectful, deliberate and loving handling. Deep sleeping MUST occur for the replenishment of Jing. Towards the end of this cycle the body is working properly. The baby teeth fall and are replaced by adult ones. Head hair (a "sprouting" of the Kidney Qi/Jing) becomes plentiful.	Regular stable environment allowing gradual biochemical and energetic mastery of the self, appropriate nourishment and respect on all levels for inner discipline and growth requirements. Moderate exercise, rest, food and sensory input to allow appropriate maturation at the pre-set intervals.
2nd cycle	F 2x7 M 2x8 years 14 16	The Jing becomes lustrous. There is now sufficient Jing storage and the "dew of heaven" - sperm and ova - announce their presence. The fertility meridians are full and overflow. Periods begin creating easy fertility and rampant hormonal swings.	Natural correction of any blockages to qi and blood flow that are indicating their presence as menstrual irregularities (wellness, mood and happiness swings). Excessive blood loss, malnutrition or inadequate deep, sleep AT ANY STAGE - all act as robbers, depleting the Jing reserve held in trust, impacting on our passage through time.

By the teenage years we are biologically capable of being parents. As the state of modern nutrition is one of over abundance of food rather than as it would be in a more natural setting, women are going through adolescence earlier than 2x7. In times past - even as late as the 30/40's teenagers started puberty more around 14 and less the ages of 10/11 as it is happening today with all the fat and chemicals in the food chain.

Precocious and accelerated maturation is an indication that there is too much heat in the being. This gives further problems - those of toxicity and we will see this in the next chapter. Ideally we start baby making in the next round - Looking at this you can see that there may be plenty of room for improvement. This may be all you need to tip the scales in whatever endeavours you have tried to date to make a baby - engage nature's help.