

2nd International Conference on Alternative Medicine

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Emotions and the internal organs

In this presentation, Dr. Octavian Sbarna, will go through an overview of the emotional aspects of the 12 main acupuncture channels and organs. For each of them there will be an outline of the key themes that present themselves in the patient's lives when these are dysfunctional energetically, as well as some of the virtues these organs and channels bring into our lives when they function properly.

It's well known that Chinese medicine is an ancient and efficient tool for healing. As it is practiced today, few people know that Chinese medicine, and acupuncture in particular, can be efficient at more than just a physical level. The emotional implications of the system have become little-known. In this presentation Dr. Octavian Sbarna will present lesser-known aspects and correspondences of the twelve 12 main channels and organs, together with examples.

The focus on each of the 12 organs, together with examples and pathology explained, will bring these organs to light. The virtues exposed in the presentation for each of the organs/channels explain how we are to understand the functions and physiology of each organ. In addition to that, the listeners will also understand how we are to expect the body to function at full capacity. But it is not only about the body; during this presentation the listeners will also begin to understand the mind, emotional and spiritual level also. This will hopefully open the door into what the full potential of the integrated human being might be.

At the end, the viewer will have gained an overall understanding of the associations between emotions, pathologies and the main acupuncture organs and channels from the perspective of Chinese Medicine in the fullness and richness of their original understanding. This presentation is meant to encourage further in-depth exploration, as it is only a very brief incursion into the rich world of Chinese medicine.

Biography

Octavian Sbarna done his studies at Waldorf School and German College „Goethe” during 1990 – 2002; One year scholarship in England (Rotary Youth Exchange Student International, studying at Stoke-on-Trent Sixth Form College) during 1999-2000; On the occasion of the scholarship, the study of acupuncture begins (Constitutional Style of the 5 Elements ¹) under the tutelage of Ian Markham, licensed acupuncturist and member of the British Acupuncture Council during 1999 – 2007; "Carol Davila" University of Medicine and Pharmacy, Bucharest (admitted 3rd out of approx. 1000 candidates) from 2002-2008; Resident Family Medicine Physician from 2008-2011; Craniosacral Therapy courses Upledger method - Modules 1, 2 and Somato-Emotional Release 1 in 2009 – 2012; study of Traditional Chinese Medicine² begins (self-taught) in 2009; Reiki and Radiant Technique courses Multiple Reiki systems from 2004-2013. Family medicine specialist and Member of the College of Physicians Bucharest in 2013, multiple acupuncture courses held on the Internet and accredited International from 2012 – 2013.

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