

Inheriting Family Tradition, Learning TCM

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My journey into the study of Traditional Chinese Medicine (TCM) has been both coincidental and inevitable. Since childhood, I have been immersed in Taoist culture, practicing internal martial arts, Dao Yin techniques, and studying Taoist classics. This background gave me a deep connection to Chinese traditional culture and a particular fondness for TCM, although I had not found the opportunity to formally study it. The onset of the pandemic made me realize that I needed to contribute something meaningful to society. Hence, in 2020, I began studying acupuncture at the Shulan College of Chinese Acupuncture and Herbal Medicine (hereafter referred to as Shulan College). This marked the beginning of my immersion into the vast world of TCM.

Studying in the UK, Guided by Renowned Teachers

TCM highly values the tradition of master-apprentice relationships, underscoring the importance of the teacher. After deciding to study TCM, I sought out an appropriate school. After much research and recommendations from industry insiders, I chose Shulan College, the oldest existing TCM school in the UK. Great teachers produce great students, and I was fortunate to have the opportunity to study under two excellent mentors: Principal Tang and Dr. Zhou. Principal Tang was a disciple of the TCM master in herbal prescriptions, Wang Mianzhi, and Dr. Zhou studied acupuncture under the TCM master, Shi Xue-min. Furthermore, Principal Tang is also a successor to gynecology master Xia Guicheng and the Menghe medical school.

During my two years of study, the classroom atmosphere was always relaxed and harmonious. Dr. Zhou was incredibly generous in sharing his knowledge, leaving no question unanswered. Principal Tang, with his exceptional medical skills and benevolence, taught in a calm and measured manner, ensuring we could absorb as much knowledge as possible during each lesson.

Two TCM concepts left a deep impression on me during my studies at Shulan College and continue to influence me to this day. The first is Principal Tang's repeated emphasis that "medicine lies in intention." Unlike other disciplines, TCM contains many aspects that require intuition and mindfulness to truly grasp its essence. The second is Dr. Zhou's admonition to be truthful and practical. Only through this approach can we verify whether our understanding is real and effective, avoiding whimsical or superficial interpretations.

Mastery and Starting My Practice

The phrases "learning with results" and "learning with accomplishment" summarize my experience at Shulan College. Over two years, I gained solid and authentic knowledge of TCM, building a strong theoretical foundation alongside clinical practice. This teaching model allowed me to acquire practical skills in TCM. As the Chinese saying goes, "What is learned from books is always shallow; to understand something thoroughly, one must practice it." This holds especially true for TCM. Drawing on my background in internal martial arts and Dao Yin techniques, and with the meticulous guidance of my teachers, I excelled in acupuncture and tuina (massage therapy). This pragmatic learning laid a solid foundation for my independent medical practice after graduation and helped me successfully establish my own TCM career.

The Bright Future of TCM: A Path Requiring Effort

The journey ahead is long, and I will seek wisdom through constant exploration. TCM is a treasure of Chinese medicine, with vast potential for development both in China and overseas, though there are many challenges that need to be addressed. These issues require collective efforts from all TCM practitioners.

As for myself, I will continue to promote acupuncture and tuina techniques through my clinic and contribute to the global development and inheritance of TCM.

As a student of Shulan College, I want to say to future students that TCM can either be a noble calling for the welfare of humanity or a harmful tool if misused. The difference lies in medical ethics. We should place equal importance on both skills and moral character, constantly refining ourselves to truly bring healing to the world and benefit society.