

# Summer Workshops

## The book of James



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**James Ch 3: 1 ff**

**Bits, rudders, flames  
and tongues**

# Overview of James

	Ch 1	Ch 2	Ch 3	Ch 4	Ch5
<b>James addresses</b>					
•the pride of the rich	1:9-11	2:1-9		4:13-17	
•persecution by the rich		2:6-7			5:6
•pay withheld by the rich					5:4-6
<b>He also addresses</b>					
•those tempted to retaliate with violent acts		2:11		4:2	
•or words	1:19-20, 26		3:1-12	4:11-12	5:9
<b>He responds with</b>					
•a call to wisdom	1:5		3:14-18		
•faith	1:6-8	2:14-26			
•and patient endurance	1:9-11				5:7-11



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V 19 everyone  
should be quick to  
listen, slow to  
speak and slow to  
become angry.

*James*



V 26 If anyone considers himself religious and yet does not keep a tight reign on his tongue, he deceives himself and his religion is worthless.

*James*



<sup>1</sup> Not many of you should presume to be teachers, my brothers, because you know that we who teach will be judged more strictly.

## TONGUE DIAGNOSIS CHART

The normal tongue color is pale red, body or shape is neither too thick nor too thin and is not cracked or uneven. This normal tongue coating is thin, white and moist, appearing almost transparent. The sublingual veins are not dark, tortuous, and distorted. Such a tongue indicates that qi and blood are sufficient and flowing freely, that yin and yang are in relative balance, and that, in particular, the stomach is functioning harmoniously.

A tongue which is thicker than normal indicates a deficiency of qi or yin due to overconsumption and overabsorption of water fluids, while a tongue which is thinner than normal indicates an insufficiency of yin fluids, including yin blood.

**Slight Red Body** The red tongue body can be due to one of two causes. It can be due to what we call heat which is generally some sort of infection or disease that gives you a fever. Or it can be due to a Yin deficiency in your body. Yin is body fluids and they keep the body cool. The warmer body that water is in relative health, then you can't imagine cold.

**Red Body** The red tongue body can be due to one of two causes. It can be due to what we call heat which is generally some sort of infection or disease that gives you a fever. Or it can be due to a Yin deficiency in your body. Yin is body fluids and they keep the body cool. The warmer body that water is in relative health, then you can't imagine cold.

**Purple Body** The tongue with the purple body suggests one of two things. Either there is some blood stagnation, or there is cold in the body.

Blood stagnation is exactly what it sounds like. It is a circulatory disorder that can give rise to a variety of things such as pain that is sharp and fixed in location, chest pain, menstrual cramps, endometriosis, amenorrhea, bloating or malignant tumors. Blood stagnation may or may not be accompanied with "stagnant" in other cases, there can be a lack of red blood cells, numbness/tingling, and/or hemorrhoids is just the tip of the iceberg. Symptoms associated with blood deficiency include dry skin, dry and brittle hair, brittle nails, dizziness, insomnia, irregular periods or lack of periods, and tremors.

**Pale or White Tongue Body** This tongue body indicates a Yang deficiency or blood deficiency. Yang deficiency is a lack of Yang or warmth in the body. This may be a hereditary condition or other metabolic deficiency. Symptoms include cold hands and feet, shyness, frequent urination, myalgia, lack of energy, and fatigue.

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**No Coating on the Tongue** A lack of tongue coating suggests a Yin deficiency. Now, this is indicating diagnosis only applies to the tongue that is not coated or appears to be a normal body.

Yin deficiency is a lack of fluids and/or coating mechanisms in your body. The tongue coating tells us about the fluids in your digestion system, and about their flow to coating, we can assume that not only is there a deficiency of fluids in your stomach and intestines, but elsewhere as well.

This may give rise to a constant growing tongue, heartburn, and constipation. Stomach acid produces a burning Yin deficiency as well as which cause one might see hot flashes, night sweats, irritability, and endometriosis.

**White Coating** This coating is the official normal tongue coating. However this coating, if it is starting to get thick can indicate with symptoms accompanying inside and body.

Over dampness is the saying the weather is cold and foggy inside your body. This can give rise to be caused by any number of conditions including with symptoms such as fatigue, weakness, irritability, or being that active in the body that you are accustomed to being active or healthy.

**Dirty White Tongue Coating** A dirty white coating is the worst of all white coatings. This indicates some low grade heat in either your entire body such as a low grade fever or in your digestive system in particular. This coat also has something to do with dampness or having just drunk some tea or coffee. Or it could indicate some stagnation in your digestion such as what happens when you eat too much.

A tongue also indicates that your diet is becoming a bit so that you are developing a fever or that you have yellow-colored body.

**Yellow Tongue Coating** This color indicates internal heat which means that you have a fever, or other metabolic functions are operating in some other state of hyperactivity.

A yellow coating could also indicate that you've had a digestive or liver or bile or you've had a big meal.

**Brown Tongue Coating** This coating suggests internal heat that is damaging the Yin or that you're taking a broad-based amount internal heat damaging. Yin is what we call a high fever or other source of heat causing dehydration. Could be, in conjunction with a heavy smother as well. That's another example of heat damaging the Yin. In this case, the Yin is the healthy fluids of the tongue.

A broad-based coating can give rise to brown or even black tongue coating, as well as abnormal stools. Purple blood is an example of the end of product. It does not indicate a pathology, it just a unique reaction to the breakdown of the blood.

**Thin Tongue Coating** The thin coating means you're normal, or have an external attack of wind.

Normal is what we call your condition when the tongue coating is thin and there are no other signs or symptoms of pathology. There's nothing wrong with you. Consider.

An external attack of wind is a pathology that hasn't gotten in any way. The common cold is a good example of this. Allergies and allergic reactions don't fit this category. These things are constantly addressed with antihistamines in Western medicine.

**Thick Tongue Coating** This coating indicates an accumulation of dampness and phlegm.

Dampness and phlegm means some sort of fluid retention problem giving rise to any one of a number of moist, sticky or sticky pathologies. It can be aggravated or even caused by dietary problems, in particular sweets that are difficult to digest including cold and food or excess, dairy, deep fried or otherwise fatty foods.

**Geographic Coating** This coating suggests a stomach Yin deficiency.

Stomach Yin is the fluids in your stomach and intestines. Should they become deficient, symptoms such as heartburn, constipation or chronic growing tongue can arise.



Slightly Red Body White Coating No Coating Red Body Dirty White Coating Thin Coating Purple Body Yellow Coating Thick Coating Pale or White Body Brown Coating Geographic Coating



Lower Jiao Middle Jiao Upper Jiao Multiple Cracks Central Crack Pink Body - Normal Coating Rear Slight Teethmarks Severe Teethmarks Coating Center Spots in Rear Spots Lateral Edge Coating Everywhere Spots on the Lateral Edges of the Tongue

Lower Jiao - The bottom of the tongue

Middle Jiao - The middle of the tongue

Upper Jiao - The top of the tongue

Coating Rear - The back of the tongue

Coating Center - The middle of the tongue

Coating Front - The front of the tongue

Coating Everywhere - The entire tongue

Coating Rear - The back of the tongue

Coating Center - The middle of the tongue

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**Severe Teethmarks** The tongue is a muscle, and when there is a deficiency of qi energy in the body, this muscle can get flaccid, lose its ability to maintain its own shape and begin to take on the shape of its container, namely, the teeth in your mouth.

Teethmarks can also indicate that your digestion isn't strong enough to get all the Qi from your food that you need, or it may be simply that you don't get enough sleep each night.

**Spots in the Rear or Tongue** This indicates heat or blood stagnation in the rear. The "rear" doesn't suggest that there is some sort of infection going on. It could also indicate congestion in your large intestine which sort of that congestion or even a problem for many people. It can indicate a pain, but may also be seen in individuals with good dietary habits.

If these dots are purple or brown instead of red, this could indicate some blood stagnation which suggests some circulatory issue that can give rise to sleep pain always in the back some night, most likely because the body is hot.

**Spots on the Lateral Edges of the Tongue** This indicates either heat or blood stagnation in the Liver. This particular "Liver" doesn't necessarily mean that there's something wrong with the organ that we call the liver. The "Liver" is a little different.

If the dots are red as in the picture you'll find in this page would indicate liver heat. This suggests that there's some sort of pathogen that this pathogen accompanied with mood swings, irritability, hot eyes, migraines, or perhaps you're not getting ready for your period. Liver heat may be nothing but the body preparing to push out some blood.

If the dots are purple or brown on one or both sides of the tongue, this indicates liver blood stagnation. This can give rise to stress, head pain in the forehead, in women, this can also give rise to painful periods, endometriosis, tumors. Stagnant blood in the blood or blood in the blood, this could give rise to either heat disease or another dysfunction.

**White Lines Under 50%** Certain problems with blood circulation will cause these veins to get wider and extend further up to the tip of the tongue.

**White Lines Over 50%** Certain problems with blood circulation will cause these veins to get wider and extend further up to the tip of the tongue.

Blood circulation problems can manifest in any of the following conditions: cold hands and feet, chest pain, pain that is sharp in nature and fixed in location, heartburn, tumors (both benign and malignant), asthma, fibromyalgia, dizziness, endometriosis.

Blood stagnation may also give rise to pathologies of the circulatory system, especially when the blood vessel is a cerebral vascular accident.

If the length of this purple line doesn't pass the 50% mark of the length of your tongue

If the blue veins beneath your tongue extend past the 50% mark of the length of your tongue



### Proverbs 12:18

Reckless words pierce like a sword, but the **tongue** of the wise brings healing.

### Proverbs 15:4

The **tongue** that brings healing is a tree of life, but a deceitful **tongue** crushes the spirit.

### Proverbs 18:21

The **tongue** has the power of life and death, and those who love it will eat its fruit.

### Psalms 64:3

They sharpen their **tongues** like swords and aim their words like deadly arrows.

<sup>2</sup> We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.

**Matthew 15:18** But the things that come out of the mouth come from **the heart**, and these make a man 'unclean.'





<sup>3</sup> When we put bits into the mouths of horses to make them obey us, we can turn the whole animal.





4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.

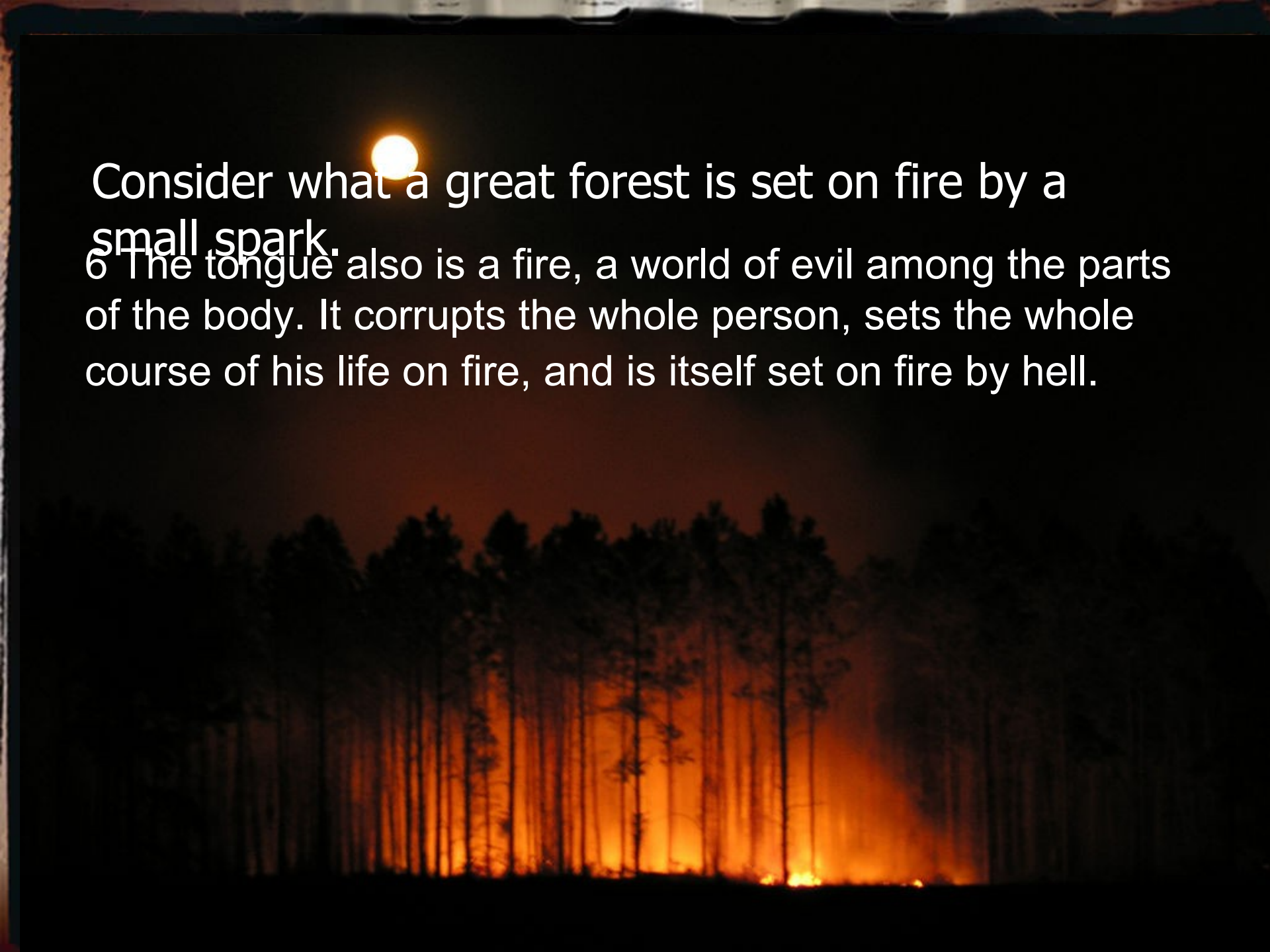




<sup>5</sup> Likewise the tongue is a small part of the body,  
but it makes great boasts.

**QuickTime<sup>a</sup> and a  
decompressor  
are needed to see this picture.**



A photograph of a forest fire at night. The sky is dark, and a bright, full moon is visible in the upper left. The fire is burning at the base of a line of tall, thin trees, with a large, bright orange glow emanating from the bottom. The trees are silhouetted against the fire and the dark sky.

Consider what a great forest is set on fire by a small spark.

6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

7 All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, 8 but no man can tame the tongue. It is a restless evil, full of deadly poison.

### **Genesis 1: 26-28**

<sup>26</sup> Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."

<sup>27</sup> So God created man in his own image,  
in the image of God he created him;  
male and female he created them.

<sup>28</sup> God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."



9 With the tongue we praise our Lord and Father, and with it curse men, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers, this should not be.

11 Can both fresh water and salt water flow from the same spring?

12 My brothers, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

To ask God for wisdom (1:5).

To be quick to listen and slow to speak (1:19).

To speak without discriminating between rich and poor (2:1-4).

To speak as those going to be judged (2:12).

To speak as one whose words are as good as their deeds (2:16).

To speak without boasting (3:14).

To speak without quarreling and fighting (4:1).

To speak without slandering anyone or speaking against anyone  
(4:11)



To speak without presumption (4:13).

To speak without grumbling (5:9).

To speak as though you mean what you say (5:12).

To speak to God in prayer and praise whatever the circumstances (5:13).

To ask for prayer when sick (5:14).

To confess sins to one another (5:15).