

Sabine Wilms, Ph.D.
 3758 Saratoga Road
 Langley, WA 98260
 USA
info@imperialtutor.com
www.happygoatproductions.com
www.imperialtutor.com
www.translatingChineseMedicine.com

Curriculum Vitae

Professional Experience

- 2018-present Triple Crown (intensive training program in classical Chinese for Chinese medicine practitioners) and Imperial Tutor (mentoring, courses and retreats in Chinese medicine education)
Sole proprietor and instructor
- 2012-present Happy Goat Productions LLC (Publications in Classical Chinese Medicine)
Sole proprietor, author and publisher
- 2012-2017 College of Classical Chinese Medicine, National University of Natural Medicine, Portland, Oregon
Assistant Professor
- 2007-2011 Happy Goat Productions
Author, lecturer, and goat farmer in Taos, New Mexico
- 2010 Department of Foreign Languages, Taos, New Mexico
Adjunct Faculty
- 2004 - 2006 Paradigm Publications, Taos, New Mexico
Senior Editor
- 1997, 2003-2004 Department of History, Pima Community College, Tucson, Arizona
Adjunct instructor of courses on Asian history, religion, and humanities
- 2002 - 2003 University of Arizona Medical Center, Department of Pediatrics
Translator, interpreter, and consultant for a research project on the efficacy of Traditional Chinese Medicine in the treatment of Cerebral Palsy.
- 2001 - 2004 Asian Institute of Medical Studies, Tucson, Arizona
Instructor of courses on Chinese culture and history of Chinese medicine
- Spring 2001 Institute of History and Philology, Academia Sinica, Nankang, Taipei, Taiwan
Visiting Scholar
- 1991 - 2000 Department of East Asian Studies, University of Arizona, Tucson, Arizona
Graduate Teaching Assistant, Research Assistant, Faculty (Summer Sessions)

Education

University of Arizona, Ph.D. in East Asian Studies (2002)

Major: Chinese Studies

Minor: Medical Anthropology

Dissertation: “The Female Body in Medieval Chinese Medicine: A Translation and Interpretation of the ‘Women’s Recipes’ in Sun Simiao’s Beiji qianjin yaofang.”

University of Arizona, A.B.D. in East Asian Studies (1997)

Major Fields: Early Chinese Thought and Religion, Chinese Buddhism, Medical Anthropology

Minor Fields: Japanese Popular Religion, Chinese Archaeology

University of Arizona, M.A. in Chinese Studies (1992)

Thesis: “Childbirth Customs in Early China.”

Tunghai-University (Taichung) and Fu Jen University (Taipei), Taiwan (1988-1990)

Studies of modern and classical Chinese language

Julius-Maximilians-Universität, Würzburg, Germany, Zwischenprüfung [B.A.] (1990)

Majors: Chinese Studies and Japanese Studies

Publications

A. Books

Healing Virtue-Power: Medical Ethics and the Doctor’s Dao (Happy Goat Productions, 2022).

Celestial Secrets: A Dunhuang Manuscript of Medicinal Decoctions for the Zangfu Organs (Happy Goat Productions, 2021).

Channeling the Moon: A Translation and Discussion of Qi Zhongfu’s Nüke baiwen (Hundred Questions on Gynecology), Parts One and Two (Happy Goat Productions, 2019 and 2020, Parts Three and Four forthcoming).

With Yang Zhenhai and Liu Lihong (authors), *The Yellow Emperor’s Inner Transmission of Acupuncture* (translator), (The Chinese University Press, 2020).

With Liu Lihong (author), Heiner Fruehauf (editor), Gabriel Weiss, and Henry Buchtel (co-translators), *Classical Chinese Medicine* (The Chinese University Press, 2019).

Humming with Elephants: A Translation and Discussion of the Great Treatise on the Resonant Manifestations of Yin and Yang (Yellow Emperor’s Inner Classic, Suwen Chapter 5) (Happy Goat Productions, 2018).

Shén Nóng Běncǎo Jīng: The Divine Farmer’s Classic of Materia Medica (Happy Goat Productions, 2016).

Venerating the Root: Sūn Sīmiǎo’s Bèi jí qiān jīn yào fāng, Volume 5 on Pediatrics. Parts One and Two (Happy Goat Productions, 2013 and 2015).

Twelve Characters: A Transmission of Wang Fengyi's Teachings (Happy Goat Productions, 2014).

Let the Radiant Yang Shine Forth: Lectures on Virtue (Happy Goat Productions, 2014).

With Nigel Wiseman, *Jin gui yao lue: Essential Prescriptions of the Golden Coffin* (Paradigm Publications, 2013).

Formulas from the Golden Cabinet with Songs, Jin Gui Fang Ge Kuo, Vol. 1 (The Chinese Medicine Database, 2010).

The Great Compendium of Acupuncture and Moxibustion, Zhen Jiu Da Cheng, Volume 1 (The Chinese Medicine Database, 2010).

Renata Horst, *Neuromuscular Arthro-osseous Plasticity*; VonKoerber and Hohler, *The Joy of Sustainable Eating*; Christina Matern, *Acupuncture for Dogs and Cats*; Sun/Kapner, *Tuina Therapy: Treatment of Adults and Children*; Eric Hebgen, *Visceral Manipulation in Osteopathy*; Philipp Richter and Eric Hebgen, *Trigger Points and Muscle Chains in Osteopathy*; etc. (all translated from English to German and published by Thieme International, 2009-2015).

With Andreas Noll, eds., *Fertility in Chinese Medicine* (Thieme International, 2009).

Bei ji qian jin yao fang: Essential Prescriptions worth a Thousand in Gold for Every Emergency: Volumes 2-4 on Gynecology (The Chinese Medicine Database, 2008).

Yan Shilin, *Pathomechanisms of the Five Viscera*. Chinese-English translation for separate books on the Heart, Liver, Lung, Spleen, and Kidney (Paradigm Publications, 2005-7).

Paul U. Unschuld, *Chinese Medicine. Historical Artefacts and Images*. German-English translation (Prestel Verlag, 2000)

B. Selected Articles

Review of *Transforming the Void: Embryological Discourse and Reproductive Imagery in East Asian Religions* by Anna Andreeva and Dominic Steavu, eds., for *Asian Medicine: Tradition and Modernity*, 2020.

“Nurturing the Fetus in Medieval China: Illustrating the Ten Months of Pregnancy in the Ishimpō 醫心方.” in Vivienne Lo and Wang Shumin, eds., *Globalizing Chinese Medicine: An Illustrated History* (Brill: 2014).

Translation of three articles for the China Medical Board, on Soviet Medicine, Japanese Medicine, and Epidemics and Public Health, published in *Medical Transitions in Twentieth Century China* edited by Bridie Andrews and Mary Brown Bullock (Indiana University Press, 2014).

“Eating for Long Life: Sun Simiao on Dietetics.” *Register of Chinese Herbal Medicine Journal* 10:2 (Nov, 2013), pp. 28-34.

“Nurturing the Fetus in Early Medieval China. Information from the Classic of Childbirth.” In TJ Hinrichs and Linda Barnes, ed., *Chinese Medicine and Healing: An Illustrated History* (Harvard University Press, 2012).

“Nurturing Life in Classical Chinese Medicine: Sun Simiao on Healing without Drugs, Transforming Bodies, and Cultivating Life.” in *Journal of Chinese Medicine* 93, June 2010.

“Die Kunst der ‘Regulierung der Menstruation’ im frühmittelalterlichen China.” in *Chinesische Medizin* (2010 issue).

Translation of Sean Hsiang-lin Lei, “Why *Weisheng* is Not About Guarding Life. Alternative Conceptions of Hygiene, Self, and Illness in Republican China” (2008).

Translation of Li Jianmin, “They Shall Expel Demons: Etiology, the Medical Canon, and the Transformation of Medical Techniques Before the Tang”, in *Early Chinese Religion* (2007).

“Worth a Thousand in Gold: The Quest for Perfect Children in Early China.” in Andreas Noll, ed., *Fertilität und Kinderwunsch* (Thieme, 2007)

“‘Ten Times More Difficult to Treat’: Female Bodies in Medical Texts from Early Imperial China.” In Angela Ki Che Leung, ed., *Medicine for Women in Imperial China* (Brill, 2006).

Entries on Sun Simiao, Tao Hongjing, and Ge Hong in W.F. and Helen Bynum, eds., *Dictionary of Medical Biography* (Greenwood Press, 2006).

“The Formation of Textual Knowledge in the Development of Medieval Chinese Gynecology.” in Hans Ulrich Vogel, Christine Moll-Murata, Gao Xuan, eds., *Studies on Ancient Chinese Scientific and Technical Texts* (Elephant Press, 2006)

“The Transmission of Medical Knowledge on ‘Nurturing the Fetus’ in Early China.” *Asian Medicine: Tradition and Modernity* 2, 2005.

“The Art and Science of Menstrual Balancing in Medieval China.” In Andrew Shail and Gillian Howie, eds., *Menstruation: A Cultural History* (Palgrave, 2005).

“Menstruation,” Entry in Edward N. Davis, ed., *Encyclopedia of Contemporary Chinese Culture* (Routledge, 2005).

Selected Presentations

“Healing from, with, and through the Heart: The Role of the Heart in Chinese Medicine and Reproductive Health from the Yellow Emperor to Qi Zhongfu to Wang Fengyi,” International Integrative Chinese Medicine Conference, Aug. 28-30, 2020 (moved online).

“Yin and Yang and the Fertile Space in Between: Pursuing the Root in Ancient Chinese Medicine and Philosophy,” taught online for *Net of Knowledge*, April 4, 2020.

“Introduction to Classical Chinese Language and Literature” and “Introduction to Traditional Chinese Gynecology,” weekend seminars offered for the doctoral program at YoSan University on an ongoing basis.

“The Transformative Power of Yin,” 4-day retreat taught with Lillian Pearl Bridges and Brenda Hood, Orcas Island WA, October 16-20, 2019.

“Cloud Hidden/Whereabouts Unknown,” 5-day seminar and herbal retreat taught with Z’ev Rosenberg, Taos, New Mexico, August 25-29, 2019.

“Postpartum Care with Chinese Medicine” (taught with Debra Betts) and “Wang Fengyi’s System of Virtue Healing” (taught with Scott Tower), TCM Kongress, Rothenburg, Germany, May 28-29, 2019.

“Introduction to Chinese Language and Writing for Busy Practitioners,” Five Branches University Doctoral Program, San Jose, California, December 9-10, 2018.

“Nurturing Life in Classical Chinese Medicine: Introduction to Classical Chinese Medicine and its Key Texts and Concepts” and “Sun Simiao and Classical Reproductive Medicine,” Maryland University of Integrative Health, Maryland, October 5-6, 2018.

“Cloud Hidden/Whereabouts Unknown,” 5-day seminar and herbal retreat taught with Z’ev Rosenberg, Taos, New Mexico, August 19-23, 2018.

“Virtue Healing in the Tradition of Wang Fengyi” (with Scott Tower) and “Nurturing Life: Sun Simiao and Yangsheng,” TCM Kongress, Rothenburg, Germany, May 9 and 12, 2018.

“Virtue Healing in the Creation of Happy Families: From the Yellow Emperor and Sun Simiao to Wang Fengyi,” Integrative Fertility Symposium, Vancouver, BC, Canada, April 28, 2018.

“Classical Chinese Medicine and Yangsheng,” Wellington, New Zealand, April 21, 2018.

“Classical Chinese Medicine and Reproductive Care,” “The Ten Months of Pregnancy,” and “Birth and Postpartum Care, Classical Neonatal Care and Development, and Ethics” (the latter two taught together with Dr. Debra Betts), day-long seminars taught April 7-9 in Sydney and April 13-15, 2018, in Melbourne, Australia

“Nurturing Life by Venerating the Root: Classical Chinese Medicine and its Contemporary Applications in Reproductive Care,” Evolve Health, New York City, March 25, 2018.

“The Divine Farmer’s Message to Modern Practitioners of Chinese Medicine,” Shennong Society Annual Conference in New York City, March 24, 2018.

“Women’s Health from the Perspective of Classical Chinese Medicine,” Pacific Rim College, Victoria BC, Canada, November 5-6, 2017.

“Chinese Culture Immersion Retreat,” Trout Lake Abbey, Washington, September 28-30, 2017.

“Venerating the Roots: Classical Chinese Perspectives on Paediatrics and their Contemporary Clinical Applications” (with Dr. Michael Weber); “Wang Fengyi’s Teachings on Five-Element Virtue Healing: Treating Disease at the Three Levels of the Inner Nature, Heart, and Body” (with

Scott Tower); “Nurturing Life: Treating Illness or Pursuing Transcendence? Inner Alchemy, Self-Cultivation, and Medicine in early China and today”; and “What is Classical Chinese Medicine,” TCM Kongress, Rothenburg, Germany, May 23-29, 2017.

“Nurturing the Yin,” seminar at Pacific Rim College, Victoria, Canada, October 4-6, 2016.

“What would the Yellow Emperor do? Fertility Treatments in the Context of Classical Yangsheng (Nurturing Life)” and “Nurturing the Fetus” (with Debra Betts), Integrative Fertility Symposium, Vancouver, Canada, April 28-May 1, 2016.

“Ten Times More Difficult to Treat: An Exploration Women’s Medicine and Gynecology,” seminar taught on June 27 in Ymir, BC (Canada), 2015.

“Yang Sheng (Nurturing Life) & Yang Xing (Nurturing the Inner Nature): Sun Si Miao” and “Nurturing the Fetus: The Ten Months of Pregnancy (with Debra Betts, PhD),” TCM Kongress, Rothenburg, Germany, May 12-16, 2015.

“Practicing Medicine in Classical China Sun Simiao’s Vision of the Great Physician (da yi 大醫),” “Venerating the Root: An Introduction to Sun Simiao’s Teachings on Pediatrics,” and “Ten Times More Difficult to Treat: A Text-Reading Workshop on Sun Simiao’s Teachings on Gynecology,” International Congress for Chinese Medicine, Tel Aviv, Israel, March 24-26, 2015.

“Sun Simiao's Teachings on Self-Cultivation for Physicians, With Special Attention to ‘Nurturing the Inner Nature’ (養性)” (keynote speech), International Conference of the Korean Society for the Oriental Medical Classics, Sancheong, S. Korea, October 13, 2013.

“Reading Classical Chinese Medical Literature,” biweekly evening seminar held Jan.-March 2013 in Portland, Oregon.

“Ancient Chinese Self-Cultivation for Today’s Practitioners and their Patients: Sun Simiao’s Wisdom on Nurturing the Body, Mind, Heart, and Heavenly Nature” and “Nurturing Women’s Bodies with Classical Gynecology,” 2-day CEU seminar, Oregon College of Oriental Medicine, Feb. 16-17, 2013.

“Classical Perspectives on the Female Body in Health and Disease: Why the 7th Century Hermit Sun Simiao Cared about female bodies and what he has to teach us today,” and “Yangsheng (nurturing life) as Practiced and Taught by Sun Simiao,” International Society for the Study of Classical Acupuncture, Scholars Retreat 2012, Trout Lake Abbey, Washington, Aug. 25-26, 2012.

“Do You Practice What You Preach? Nurturing the body, mind, and soul according to Sun Simiao’s advice on Yangsheng and medical ethics,” “Supporting Pregnancy According to The 10-Month-Rules by Sun Simiao,” “Nurturing the Female Body: The Connection between Yangsheng and Female Health in classical Chinese Medicine,” and “Learn from the Yijing,” Rothenburg, Germany, May 15-20, 2012.

“Learn to Read the Chinese Medical Classics!” (6-class series), Between Heaven and Earth Acupuncture, Fairfax, CA, May-October, 2012.

“Classical Chinese Medicine, from the Seventh-Century Master Sun Simiao to You,” American College of Acupuncture and Oriental Medicine, Houston, Texas, Feb. 25-26, 2012.

“Nurturing the Fetus: Supporting Pregnancy with Classical Chinese Medicine” (2-day seminar), Between Heaven and Earth Acupuncture, Fairfax, CA, Feb. 4-5, 2012.

“Ten Times More Difficult to Treat” and “Roots of Gynecology,” Pacific Symposium, San Diego, CA, Nov. 4-6, 2011.

“Text Reading and Discussion on Sun Simiao’s Essays on Ethics,” “Ten Months of Gestation: How Might Classical Texts Inform Contemporary Protocol? (with Debra Betts and Sarah Budd),” and “What Does it Mean to Practice Chinese Medicine?” British Conference of Acupuncture and Oriental Medicine, Old Windsor, United Kingdom, September 17-18, 2011.

“Life and Work of Sun Simiao” and “The Ten Months of Pregnancy,” Scandinavian TCM Congress, Aalborg, Denmark, September 1-4, 2011.

“Sun Simiao on Nurturing Life and the Professional Practice of the Eminent Physician” and “The Roots of Chinese Gynaecology: Diagnosis and Treatment in Early and Medieval China,” Canadian Oriental Medicine Symposium, Vancouver, Canada, March 11-13, 2011.

“Nurturing the Fetus: Making Healthy Babies in Classical Chinese Medicine,” “Sun Simiao and the Traditional Art of Yangsheng (Nurturing Life),” and “Ten Times More Difficult to Treat: Why the Seventh Century Hermit Sun Simiao Cared About Female Bodies and What He Has to Teach Us Today,” International Congress of Chinese Medicine, Tel Aviv, Israel, Feb. 27- March 2, 2011.

“Sun Simiao and Classical Chinese Gynecology.” 1-day seminar, Berkeley, CA, November 20, 2010.

“Der weibliche Körper in der Chinesischen Medizin.” 2-day seminar, ABZ-Mitte, Offenbach, Germany, May 29-30, 2010.

“Nurturing Life through Food: The Volume on Dietetics in Sun Simiao's *Bei Ji Qian Jin Yao Fang*,” Wellcome Institute, London, U.K., May 25, 2010.

“The Ten Months of Gestation from Ancient and Modern Perspectives: An Evening Lecture with Debra Betts and Sabine Wilms,” University of Westminster, London, U.K., May 24, 2010.

“Sun Simiao, Dietary Therapy, and Yang Sheng: Food as the Key to Nurturing Health, Prolonging Life, and Preventing Disease” and “Embryology and Gestation in Classical Chinese Medicine,” TCM Kongress, Rothenburg, Germany, May 16, 2010.

“Fertility and Embryology in Early Chinese Medicine.” TCM-TV Fertility Webinar, February 7, 2010.

“The Roots of Chinese Gynecology” and “The Life and Work of Sun Simiao” (one-day workshops), School of Integrated Medicine, University of Westminster, on July 18-19, 2009.

“Embryologie in Mittelalterlicher Chinesischer Medizin” (2-day seminar), International Society for Chinese Medicine (SMS) in Munich, July 4-5, 2009.

“The Roots of Chinese Gynecology. Diagnosis and Treatment in the Early Chinese Classics in Both Theory and Clinical Practice,” “A Seventh-Century Pine Cone Eating Hermit. Discussing Sun Simiao’s Life and Work on the Basis of Legends, his own Writings, and Historical Biographies,” and “The Importance of Sun Simiao for Today’s TCM / Die Bedeutung Sun Simiao’s fuer die heutige TCM,” TCM Kongress, Rothenburg, Germany, April 30-May 3, 2008.

“Leaking, Flooding, and Gushing Below the Girdle: The Origins of Gynecology in Early Chinese Medicine.” Sixth International Congress on Traditional Asian Medicine (ICTAM VI), Austin, Texas on April 27-30, 2006.

“Spirit Possession in Japan's New Religions. A Case Study in the Ideology of Academic Research.” Rocky Mountain/Southwest Japan Seminar: Japanese Identities, Past and Present” at Arizona State University, April 5-6, 1996.

“Nourishing the Fetus in Medieval China: Illustrating the Ten Months of Pregnancy in the *Ishimpō*.” Conference on “Chinese Medicine: A Visual History,” Beijing, China, on September 14-17, 2005.

“Female Pathologies and Treatments in Medieval Chinese Manuscripts.” 11th International Conference on the History of Science, Munich, Germany on August 15-20, 2005.

“From Leaking Discharge to Irregular Menstruation: The Conceptualization of Female Pathology in Medieval China.” Association of Asian Studies, Annual Meeting, San Diego, March 4-7, 2004.

“On Intercourse with Ghosts and Other Gynaecological Matters in Medieval China.” Wellcome Trust Centre for the History of Medicine, UK, on January 28, 2003.

“The Art of Menstrual Balancing in Medieval China.” Conference on “Menstruation: Blood, Body, Brand,” Liverpool University Medical Institution Conference Centre, UK, on January 25, 2003.