



## MONDAY TEA & TALK TAI CHI HIERARCHY OF FORMS.

This is a holographic universe. Everything is reflecting itself back to itself. If the yinyang symbol on this page was a hologram and we were to rip it to shreds, each and every tiny piece would contain a perfect image of the whole.

Despite how it appears, nothing is separate from anything else. What we do to others we do to ourselves and what we do to ourselves, we do to others.

The Vedic metaphor for this philosophy is explained in the story of Indra's Net. Imagine a net of infinite proportions. At each connecting point, there is an incalculably faceted jewel made of mirror. Each part of the net is reflected back to itself at infinitum through these jewels.

This is the theory of quantum reality expressed thousands of years ago by the sages who understood the true nature of existence.

In the diagram on the right, we have the taiji symbol. This is not static. Rather, it is ceaselessly spinning. Yin (black) blends into Yang and Yang blends into Yin.

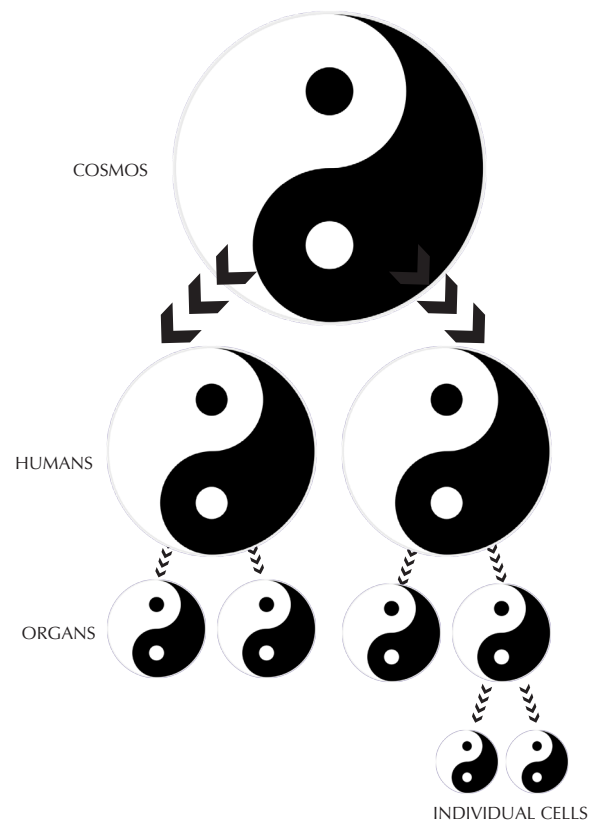
You are a complete universe within yourself. You are a reflection of the night sky and the vastness of this entire cosmos. Each one of your organs and all of your cells reflect back to you your thoughts and perceptions.

Yin and Yang are opposites yet their relationship is complimentary. They are eternally found together, inextricably woven together. Some examples of Yin: the moon, night time, damp, receptive, water, earth, the unconscious. Examples of Yang: the sun, day light, the sky, warmth, dryness, action, giving, conscious.

The taiji symbol indicates the flow and rhythm of life; how one acts upon the other. We can not plant a seed without the earth's receptivity. A child is born of a womb yet the seed must be planted within it.

Where you find Yin, you shall also find Yang. Day is followed night. This cycle is endless, perpetual.

TAIJI HIERARCHY OF FORMS





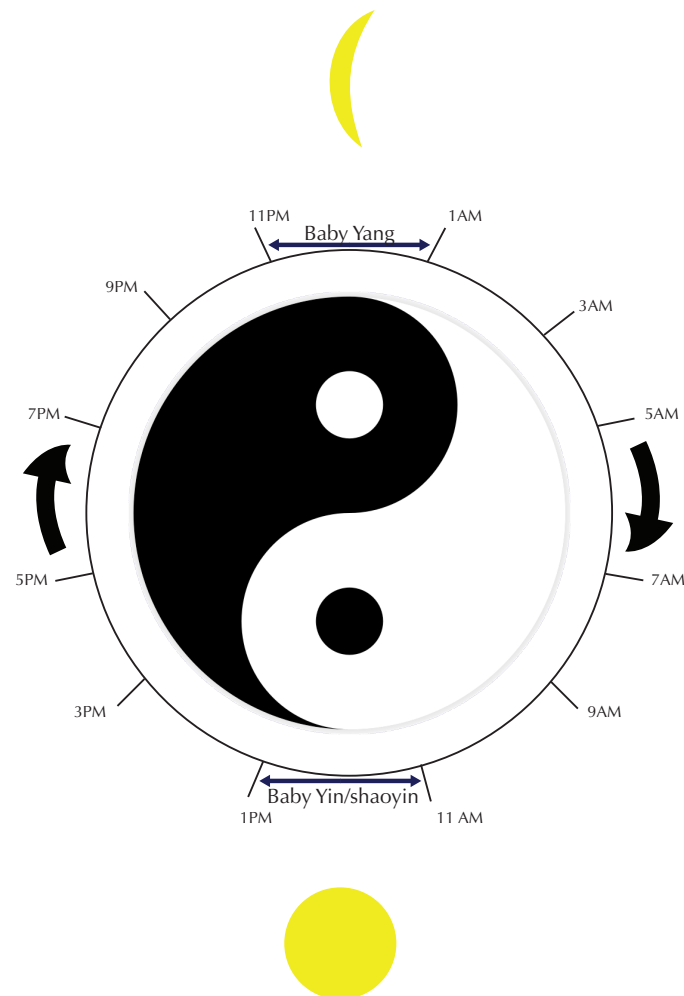
The 24 hour clock below indicates the birth of both Baby Yin/shaoyin and Baby Yang. Notice on the clock where black begins to merge with white and vice a versa. This is a time when we can be still, quiet.

During the first few months of a pregnancy, the womb (Yin) must be receptive and nourishing. We wish to take extra care at this time so that the developing embryo receives all that it requires to reach its full potential. It is best not to disrupt this process.

The same is true for the hours between 11am and 1pm. It is best to rest during this time of Baby Yin when Yin is commencing her development for this period in the 24hr cycle. We may have a siesta, read, or do other quiet, contemplative activities.

We are also best to be asleep during the hours of 11pm to 1am when Baby Yang is developing. Doing so shall afford us plenty to good Yang Qi so that we may be alert and active throughout the day.

The taiji symbol offers us an insight into how Yin and Yang flow throughout any given day. Each organ corresponds to a certain time - for example, the liver is believed to cleanse the blood most actively between 1 and 3am while the kidneys are storing nutrients and building bone marrow. between 5 & 7pm.



Wherever you find Yin, you shall also find Yang. Our Yin Earth is blanketed by our Yang sky. Heavenly Qi is believed to control earthly Qi (Yin).

Consider how the weather influences the earth; cyclones, excessive heat or rain can throw our earth out of balance or potentially, restore her equanimity.

Witin our bodies, the left side is believed to be Yin- the unconscious and receptive while the right Yang - conscious and more action orientated. This is why we give with the right hand and receive with the left.

All must be in balance for harmony to reign supreme. As within, so without. As above, so below. Treat your neighbour as you wish to be treated.