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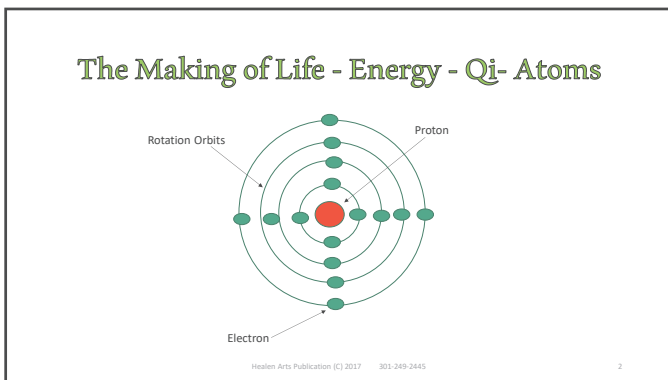
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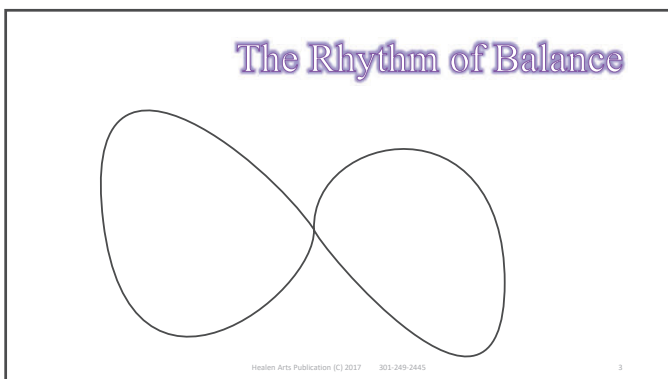
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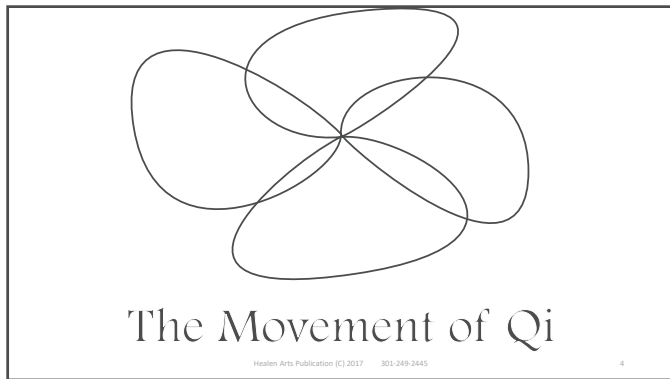
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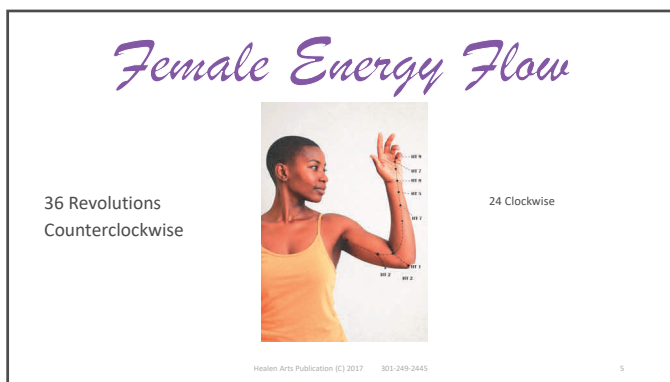
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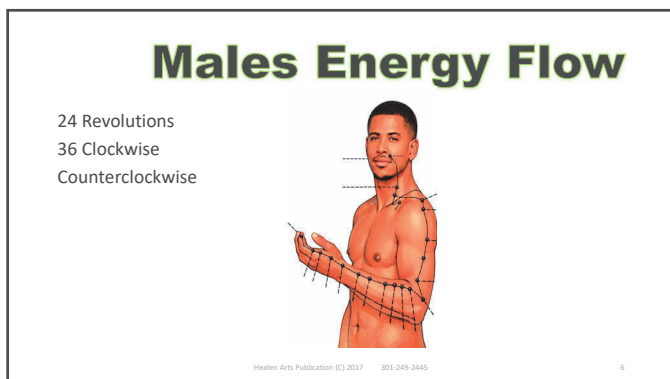
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## The Interconnection of Yin and Yang

Yin/ Female



Yang/ Male

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## YIN/YANG

Life's Balance



Fire and Water

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## Yin Represents – Kidney/Bladder

- Female,
- Night,
- Darkness,
- Heavens,
- Inward,
- Contraction,
- Descending,
- The moon,
- Coldness,
- Dampness,



- Back of the body,
- Lower extremities,
- Softness,
- Holding in,
- Inhaling,
- Slow movement.
- Yin symbolizes the
- Water element (Kidney/Bladder), which stores fluids.

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## Yin/Zang Organs-Centripetal

There is six Yin or Zang organs responsible for producing, transforming, regulating, and storing Qi, Blood, Jing (essence of life), Shen (Spirit) and all Fluids.

- |          |           |                |
|----------|-----------|----------------|
| 1. Heart | 2. Lungs  | 3. Spleen      |
| 4. Liver | 5. Kidney | 6. Pericardium |

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## Yin Organs-Centripetal Responsible

The responsibility of the Yang/Fu organs are

- Production
- Transforming,
- Regulating, and Storing Qi, Blood, Jing (essence of life), Shen (Spirit) and all Fluids

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## Yang Represents

- Male,
- Day,
- Earth,
- Outward,
- Expansion,
- Front of the body
- Hardness
- Exhaling



Ascending,  
Heat,  
Hot,  
Dryness,  
Upper body  
Fast movement  
Letting go

Yang symbolizes the Fire element (Heart/Small Intestines, Triple Heater/Pericardium), which does not store.

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## Yang/Fu Organs-Centrifugal

The responsibility of the Yang/Fu organs are

- expansive,
- extractive,
- breakdown,
- transports,
- absorbs essence from foods

They also excrete waste by products and unused portion of food from the body.

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## Yang Organs- Centrifugal

The responsibility of the Yang or Fu organs is to expand, extract, break down, transport, and absorb the essence from the foods we eat. They also excrete waste by products and unused portion of food from the body.

- |                    |                    |                  |
|--------------------|--------------------|------------------|
| 1. Small Intestine | 2. Large Intestine | 3. Stomach       |
| 4. Gallbladder     | 5. Bladder         | 6. Triple Heater |

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- Qi is the element of the entire universe
- It is the balance or imbalance of the physical, mental and spiritual world
- Qi in the transformation of life
- Qi is the movement that causes life to exist
- Qi opens and closes the way the universe maintains balance.
- Qi is the excessiveness and deficiency of life.
- Qi promotes the foundation of all object.
- Qi is the building force.

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## ORIGINAL QI – YUAN QI

- Yuan Qi – rises from between the kidneys
- Yuan Qi is the transformation and foundation of Gathering Qi (Zong Qi), True Qi (Zhen Qi),
- Yuan Qi it the facilitation of the transformation of Food Qi (Gu Qi) into blood.
- Yuan Qi is the foundation for all Kidney activities.
- It is the source Qi.
- Yuan – Original Qi is the foundation of movement and transformation of all body parts.
- Qi is the Emotions of Life.

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### The Gate of Life

- Provides warmth to all the organs to assist them in their transformation of Qi.
- Connects to Zong Qi (lung), which provides Qi from the breath – pure Qi.
- Gathering Qi flows down the Gate of Life, where the Gate of Life Flows upwards to the lungs for heat.
- Lung Qi to descend
- Aids Spleen Qi in transforming and Transporting food into essence.
- It encourages the transformation and transportation of urine for excretion by the bladder.
- It aids the Heart in housing the Mind

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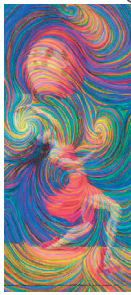
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### Dynamics and Physiology of the Transformation of Qi



- Qi Mechanism
- Ascending – Yang
  - Descending – Yin
  - Exiting – Yang
  - Entering - Yin

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### BALANCE OF QI

- If there is no ascending/descending, there is no birth, growth, maturation and decline.
- If there is no entering/exiting, there is no birth, growth, transformation, receiving/storing
- If the Qi mechanism functions well there is room for birth and transformation.
- If the Qi Mechanism is disrupted, there is fragmentation and no birth or transformation.

Simple Question

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- Qi's Ascending/descending and entering/exiting impacts Qi and blood's movement within the body and their connection to the internal organs.
- When Qi and Blood are not harmonious and flowing well, they may result in pathological disharmonies or excessive or deficient health condition.
- Liver and Triple Burner are responsible for the smooth flow of Qi and Blood in the three burners.
- Upper burner – Lungs
- Middle Burner –Spleen/Stomach
- Lower Burner – Kidney/Bladder – Small and Large Intestine.

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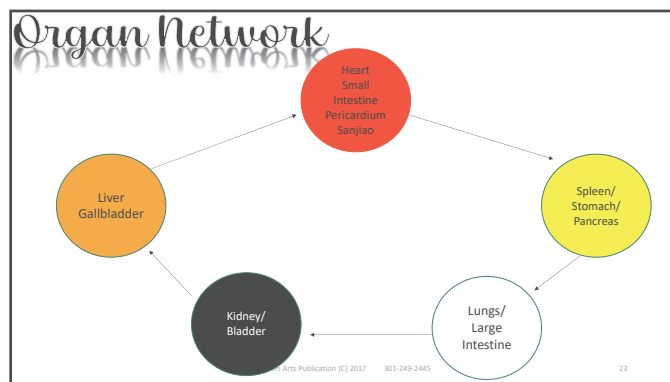
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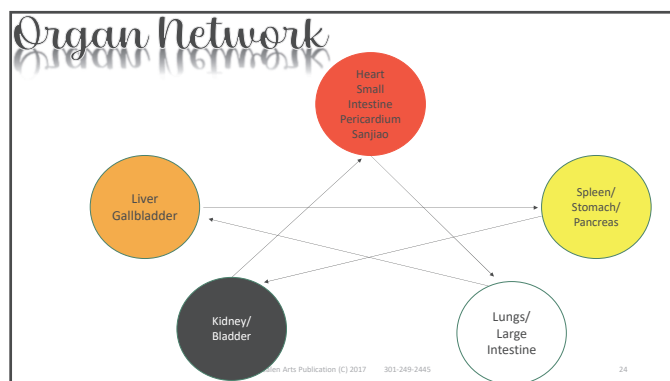
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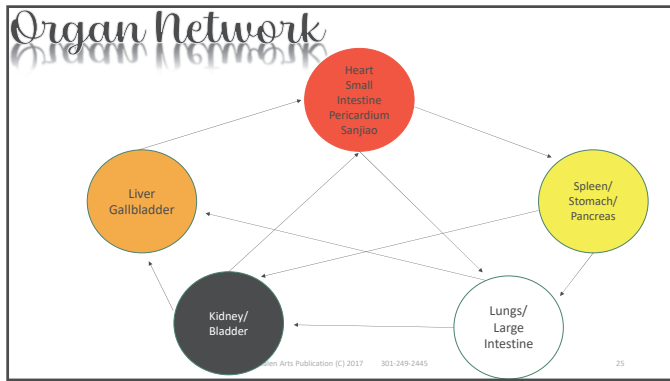
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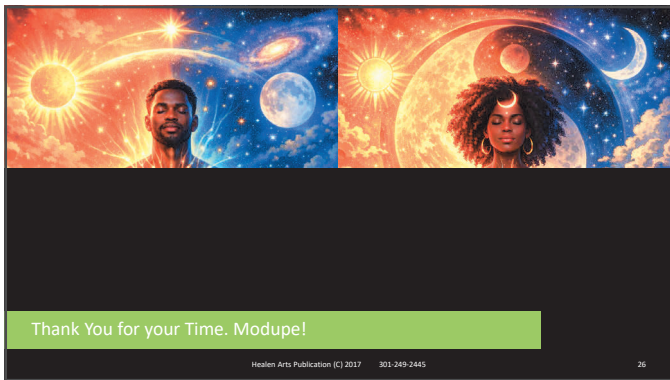
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