

The Yin and Yang Theory

In Oriental medicine the Yin and Yang Theory penetrates every aspect of life. It represents the balance of all things. For instance, what would it be like with day and no night, or water without a vessel to drink it from? Yin and Yang is the universe, and the universe is Yin and Yang. They are the two opposite qualities of one single entity. Yin and Yang are only opposites that are sometimes antagonistic and sometimes they complement each other. These elements are always changing from one into the other to achieve wholeness.

The relationship of Yin and Yang consists of four principles, which are *Opposition, Interdependence, Inter-consuming or Support, and Inter-Transformative*. Each of these principles are the controlling factor, which assists in the balance of Yin and Yang.

1. Interdependence: Every opposing element has to depend on another element for its own existence.
2. Inter-Transformative: Relationships can only transpire when each entity understands certain limits and conditions have to be met first. Marriage happens when both parties agree on the element of the union.
3. Opposition: One must understand that for each condition there is an opposing condition going on at the same time. When one side of the seesaw is raising the other side is falling.
4. Inter-consuming or support: Whenever there is a gain there has to be a loss. If one buys an object, then the money they are spending is loss to them and gained by the person they are buying from.

Yin and Yang Representation

Yin represents: female, night, darkness, heavens, inward, contraction, descending, the moon, coldness, dampness, the back of the body, the lower half of the body, softness, holding in, inhaling, slow movement. Yin symbolizes the water element (Kidney/Bladder), which is the strongest force.

Yin Organs - Centripetal

The six yin or Zang organs are responsible for producing, transforming, regulating, and storing Qi, blood, jing (essence of life), shen (spirit) and all fluids.

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

Yang represents male, day, earth, outward, expansion, ascending, heat, hot, dryness, the front of the body, upper body, hardness, exhaling, fast movement, letting go. Yang active element and the fiery principal of life.

Yang Organs - Centrifugal

The responsibility of 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
4. Gallbladder
Heater

2. Large Intestine
5. Bladder

3. Stomach
6. Triple

Qi

In English there are no word that would describe Qi. The Chinese refer to Qi (pronounced CHEE or KEY) as the vital essence energy of everything in the universe. ***It is the motion of movement, but it is not the movement.*** In The book, **A Web That Has No Weaver**®, it states that "*Qi is not primordial, immutable material, nor is it merely vital energy*". Qi provides energy to all things and allows growth to occur, but Qi is not the growth. Qi has three sources original Qi referred to as prenatal Qi and grain Qi and natural Qi.