

# Winter Health, Healing & Spirituality

## Class 1

Your Kidneys, the Palace of Life.

Our kidneys are our primary organs of life. There are two of them one on either side of our lower back. Their length varies due to your body's size. They regulate the fire and water of the body, which also mean hormones, Endocrine system, body fluids, blood, phlegm, mucus, semen, vaginal fluids, brain and bone marrow.

Our kidneys are responsible for our DNA and stem cells as well as longevity. Our kidneys rule over conception

Pregnancy/Gestation:

Delivery:

Maturity:

Aging:

Death:

Your Kidneys are the Foundation of Spirit.

Kidneys promote your ancestral bloodline:

Winter the season of your Kidneys, DNA, Stem Cells and Ancestral Healing

Kidney Yin: essences and jing

Kidney Yang: movement of life force

Kidney Qi: growth, development, and reproduction

## *Yin and Yang Representation*

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

### *Yin Organs - Centripetal*

There are six Yin or Zang organs That 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 symbolizes the Fire element (Heart/Small Intestines, Triple Heater/Pericardium), which does not store.

### *Yang Organs - Centrifugal*

The responsibility of the Yang or Fu organs are expansive, extractive, breakdown, transports, and absorbs essence from foods we eat. They also excrete waste by products and unused portion of food from the body.

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

## *Qi*

In English there is no word that would describe Qi. The Chinese refer to Qi (pronounced Chi or Chee) 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."