

Yin Yang Theory in Yellow Emperor's Classic of Chinese Medicine



Comprehensive Discourse on
Phenomena Corresponding to
Yin and Yang 5-
31-1

Huang Di:

“As for yin and yang, they are
the Way of heaven and earth,
the fundamental principles [governing] the
myriad beings,
father and mother to all changes
and transformations,
the basis and beginning of generating life
and killing,
the palace of spirit brilliance.
To treat diseases, one must search for the
basis.

素問陰陽應象大論篇(5)

黃帝曰：陰陽者，天地之
道也，萬物之綱紀，變化
之父母，生殺之本始，神
明之府也。治病必求於本。

Hence,
the accumulation of yang, that is heaven;
the accumulation
of yin, that is the earth.

Yin is tranquillity, yang is agitation. Yang
gives life, yin stimulates growth. Yang
kills, yin stores.

Yang transforms qi, yin completes
physical appearance.

故積陽為天，積陰為地，
陰靜陽躁，陽生陰長，
陽殺陰藏。陽化氣，陰
成形。

5-32-1

Cold at its maximum generates heat;
heat at its maximum generates cold.

Cold qi generates turbidity;
heat qi generates clarity.

When clear qi is in the lower [regions of the body],
then this generates outflow of [undigested] food.

When turbid qi is in the upper [regions], then
this generates bloating.

These [are examples of] activities of yin and yang [qi] contrary [to their normal patterns], and of diseases opposing [the patterns of] compliance.

寒極生熱，熱極生寒，寒氣生濁，熱氣生清。清氣在下，則生飧泄；濁氣在上，則生臌脹。此陰陽反作，病之逆從也。

5-32-4

The fact is,
the clear yang is heaven;
the turbid yin is the earth.
The qi of the earth rises
and turns into clouds;
the qi of heaven descends and becomes rain.
Rain originates from the qi of the earth;
clouds originate from the qi of heaven.
Hence,
the clear yang exits through the upper orifices;
the turbid yin exits through the lower orifices.
The clear yang is effused through the interstice
structures;
the turbid yin moves to the five depots
(organs-elements).
The clear yang replenishes the four limbs;
the turbid yin turns to the six palaces (6
extraordinary fu).

故清陽為天，濁陰為地。
地氣上為雲，天氣下為
雨，雨出地氣，雲出天
氣。故清陽出上竅，濁
陰出下竅；清陽發腠理，
濁陰走五臟；清陽實四
肢，濁陰歸六府。

5-32-7

Water is yin;

fire is yang.

Yang is qi;

yin is flavor.

Flavor turns to physical appearance.

Physical appearance turns to qi.

Qi turns to essence.

Essence turns to transformation.

Essence is nourished

by qi.

Physical appearance is nourished by flavor.

Transformations

generate essence.

Qi generates physical appearance.

Flavor harms physical appearance.

Qi harms essence.

Essence transforms into qi.

Qi is harmed by flavor.

水為陰，火為陽，陽為氣，陰為
味。味歸形，形歸氣；氣歸精，
精歸化；精食氣，形食味；化生
精，氣生形。味傷形，氣傷精；
精化為氣，氣傷於味。

5-33-3

Flavor is yin and exits through the lower orifices.

Qi is yang and exits through the upper orifices.

That which is of strong flavor is yin;
that with weak [flavor] is yang of yin.

That which is of strong qi is yang;
that with weak qi is yin of yang.

When the flavor is strong, then outflow [results];
when it is weak, then penetration [results].

When the qi is weak, then it brings forth outflow;
when it is strong, then it brings forth heat.

The qi of strong fire weakens.

The qi of a small fire gains in strength.

Strong fire feeds on qi.

Qi feeds on small fire.

A strong fire disperses qi.

A small fire generates qi.

陰味出下竅，陽氣出上竅。味厚者
為陰，薄為陰之陽；氣厚者為陽，
薄為陽之陰。味厚則泄，薄則通；
氣薄則發泄，厚則發熱。壯火之氣
衰，少火之氣壯；壯火食氣，氣食
少火；壯火散氣，少火生氣。

Qi and flavor:

**acrid [flavor] and sweet [flavor] are effused
and disperse and are yang
sour [flavor] and bitter [flavor] cause gushing
up and outflow and are yin.**

5-33-7

When yin dominates, then the yang is ill;
when yang dominates, then the yin is ill.

When the yang dominates, then there is heat;
when the yin dominates, then there is cold.

Doubled cold results in heat;
doubled heat results in cold.

氣味辛甘發散為陽，酸苦涌泄為陰。

陰勝則陽病，陽勝則陰病，陽勝則
熱，陰勝則寒，重寒則熱，重熱則
寒。

Cold harms the physical appearance;
heat harms the qi.

Harmed qi causes pain;
a harmed physical appearance causes swelling.

<Hence,
when there is pain first and swelling afterwards,
qi has harmed the physical appearance.

When there is swelling first and pain comes afterwards, the physical appearance has harmed the qi.

寒傷形，熱傷氣，氣傷
痛，形傷腫。故先痛而
後腫者，氣傷形也；先
腫而後痛者，形傷氣也。

5-34-3 When wind dominates, then there is movement;
when heat dominates , then there is swelling
(inflammation)

When dryness dominates, then there is aridity (extremely dry);

when cold dominates, then there is surface [swelling].

When dampness dominates, then there is soggy outflow.
Heaven has the four seasons and the five agents.

It is through [the former that heaven causes] generation,
growth, gathering, and storage

It is through [the latter that it] generates cold,
summerheat, dryness, dampness,
and wind.

Man has the five depots;
they transform the five qi,
thereby generating joy, anger, sadness, anxiety, and fear.

風勝則動，熱勝則腫，燥勝則乾，
寒勝則浮，濕勝則濡泄。天有四
時五行，以生長收藏，以生寒暑
燥濕風。人有五臟化五氣，以生
喜怒悲憂恐。

5-34-6

The fact is,
joy and anger
harm the qi;
cold and summerheat harm the physical appearance.

Violent anger harms the yin;
violent joy harms the yang.

Receding qi moves upwards;
it fills the vessels and leaves
the physical appearance.

If joy and anger are unrestrained,
if cold and summerheat exceed the norms,
life no longer exists on a solid [foundation].

Hence,
doubled yin must [become] yang;
doubled yang must [become] yin.

故喜怒傷氣，寒暑傷形；暴怒傷
陰，暴喜傷陽。厥氣上行，滿脈
去形。喜怒不節，寒暑過度，生
乃不固。故重陰必陽，重陽必陰。

Hence it is said:

**If [a person] is harmed in winter by cold,
he will [suffer from] warmth disease in spring.**

**If he is harmed in the spring by wind,
he will develop outflow of [undigested] food in summer.**

**If he is harmed in summer by summerheat,
he will suffer from jie and malaria (hinge) in
autumn.**

**If he is harmed in autumn by dampness,
he will develop cough in winter.**

故曰：冬傷於寒，春必
溫病；春傷於風，夏必
飧泄；夏傷於暑，秋必
痄瘧；秋傷於濕，冬必
咳嗽。

Five Elements

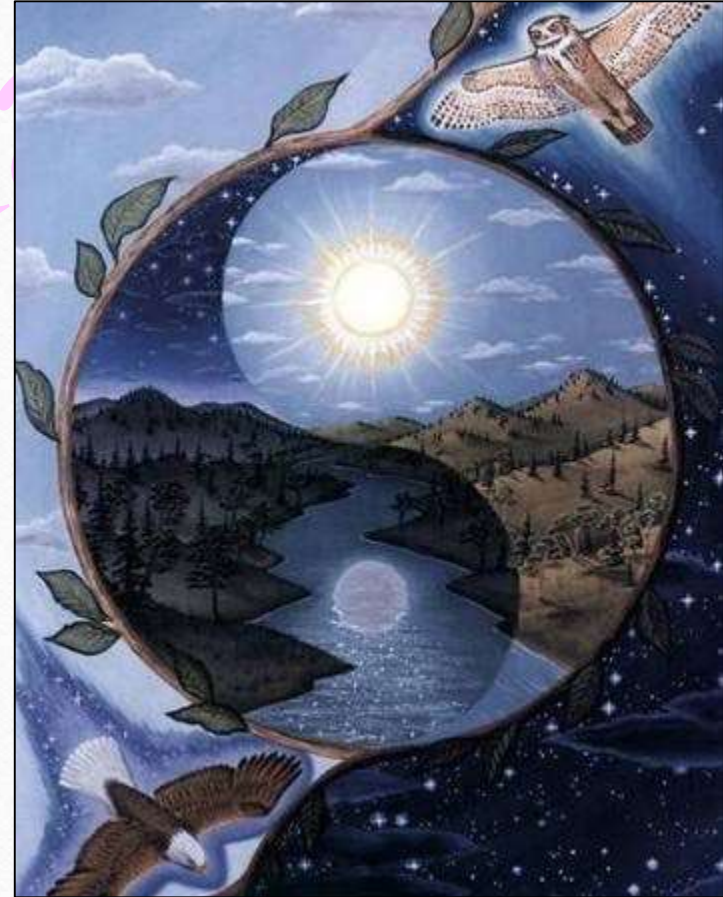
The acupuncturist from a Chinese perspective..

- More than mechanical, the body is like a garden and the acupuncturist is a gardener
- You cannot separate an organism from the environment
- Qi flows through and between living things
 - "inside, outside, all around"
- The acupuncturist balances the energy flow within the organism which in turn balances external energy influences
- The Qi of the acupuncturist is part of the balancing process



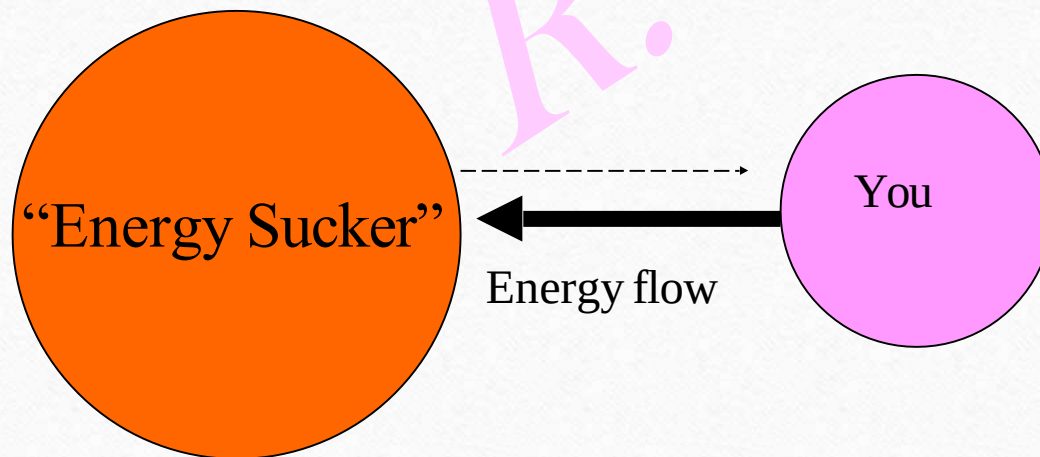
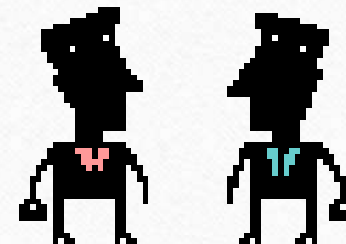
Balance-Chinese Perspective

- Harmony depends on three forces
 - Balance between the universe (environment) and the individual
 - Balance between the individual and other individuals
 - Balance between the various organ systems within the individual



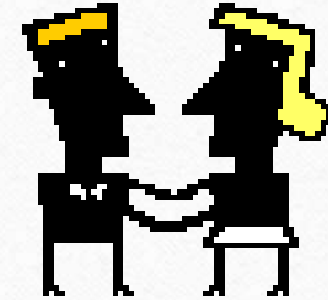
Does Qi flow between you and others?

- If you are having trouble accepting this concept think about those people that you don't enjoy being around or can only have limited contact with because they make you feel tired
- It is because they “suck” you energetically

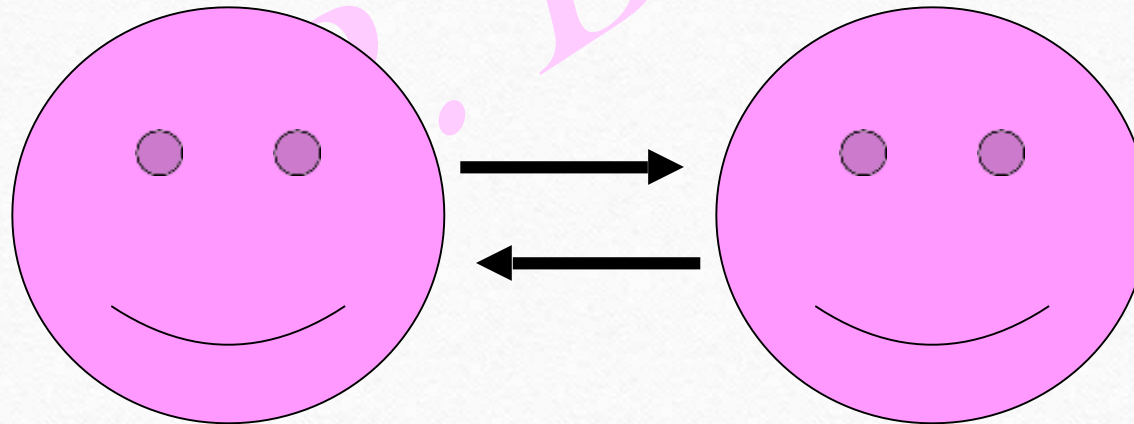


“Low dose friends”

While other people...



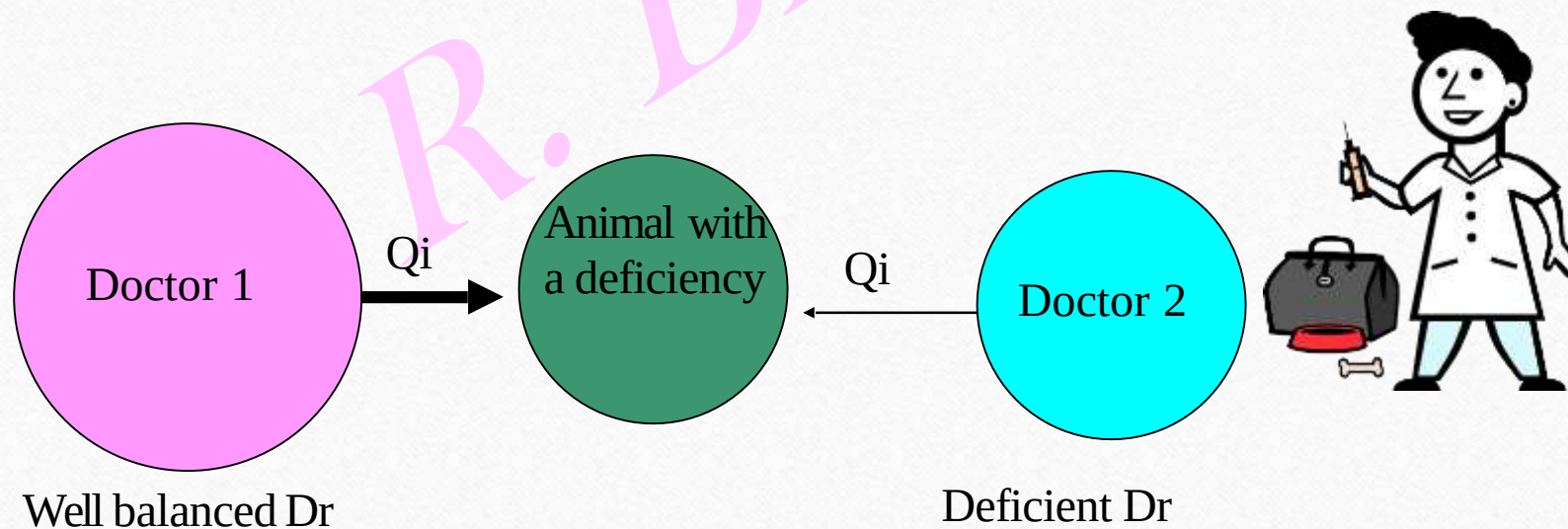
- Give you energy and are great to be around
- Because there is a balance of giving and receiving



“High dose friends”

Does Qi flow between Doctor and Patient affect the outcome?

- If there is Qi flow between a doctor and patient, could different acupuncturists get different results using the same points in the same person?



From the Chinese perspective
the acupuncturist is part of the acupuncture treatment

- So if you want to effectively achieve harmony and balance in your patient's body
- You must also have harmony and balance in your own

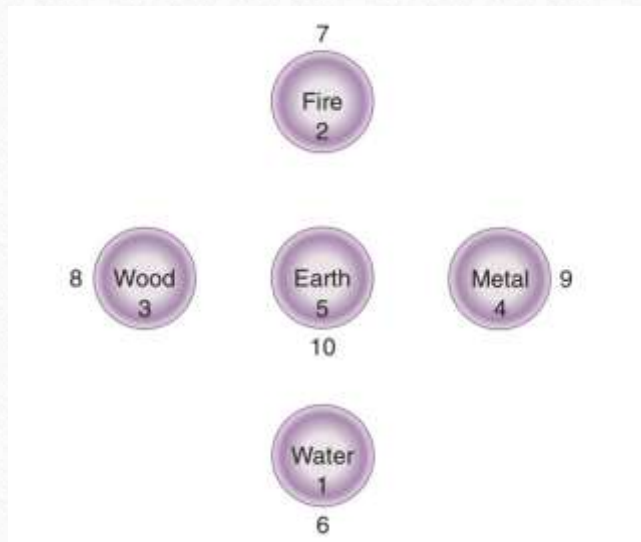


To be the most effective acupuncturist you can be...

- **Know yourself** (ongoing)
 - Using the 5 element constitutions
- **Balance yourself daily**
 - Cultivating your 5 element constitutions
 - Meditation
 - Energy exercises (Tai chi, Qi Gong)
 - Food therapy
 - Massage
 - Acupuncture and herbs as needed
- **During treatments**
 - Be in the present moment
 - Release judgment
 - Have the best intentions
- **Then rebalance yourself**



Five Elements



Five Phases

BASIC QUALITIES

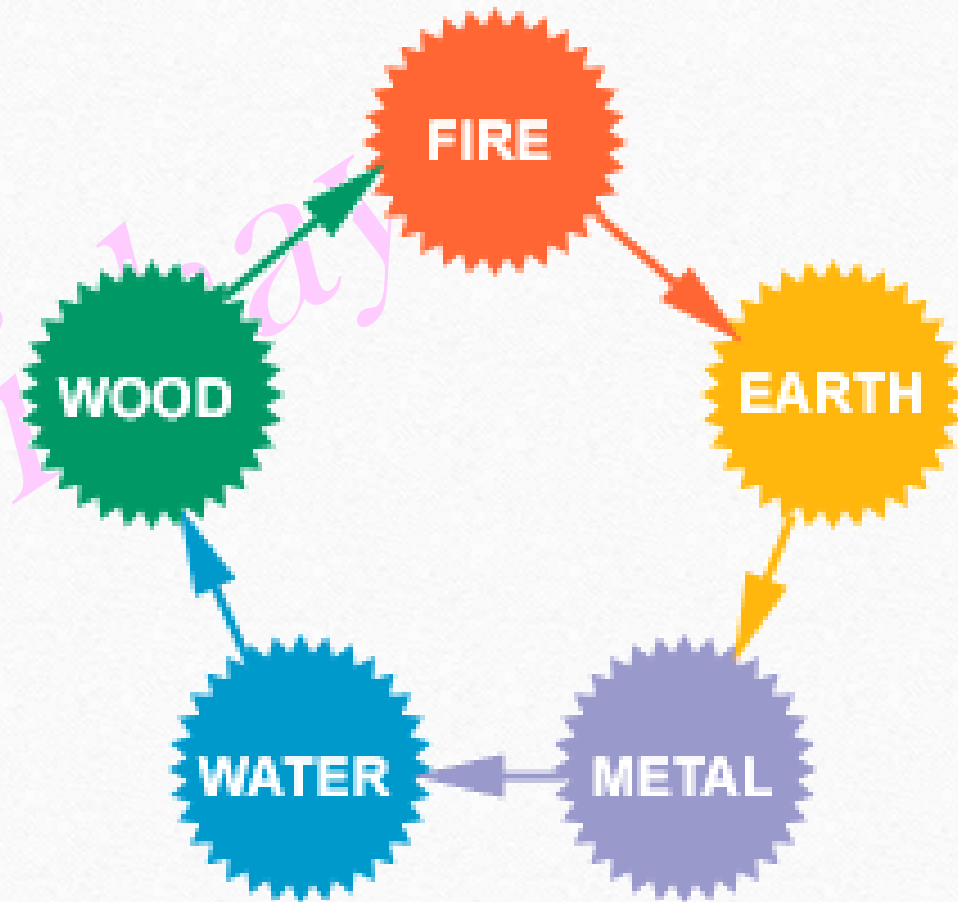
ELEMENT		BASIC QUALITIES		INTERPRETATION	MOVEMENT
WOOD	木(목)	can be bent and straightened	曲直(곡직)	solidity, workability	expansion
FIRE	火(화)	flares upwards	炎上(염상)	heat, combustion	upwards
EARTH	土(토)	permits sowing, growing and reaping	稼穡(가색)	nutrition	center, stability
METAL	金(금)	can be molded and can harden	縱革(종혁)	solidity, congelation, moldability	contraction
WATER	水(수)	moistens downwards	潤下(윤하)	liquidity, fluidity, solution	downwards

Table 2.1 Some of the main correspondences of the Five Elements

	Wood	Fire	Earth	Metal	Water
Seasons	Spring	Summer	None	Autumn	Winter
Directions	East	South	Centre	West	North
Colours	Green	Red	Yellow	White	Black
Tastes	Sour	Bitter	Sweet	Pungent	Salty
Climates	Wind	Heat	Dampness	Dryness	Cold
Stage of development	Birth	Growth	Transformation	Harvest	Storage
Numbers	8	7	5	9	6
Planets	Jupiter	Mars	Saturn	Venus	Mercury
Yin–Yang	Lesser Yang	Utmost Yang	Centre	Lesser Yin	Utmost Yin
Animals	Fish	Birds	Human	Mammals	Shell-covered
Domestic animals	Sheep	Fowl	Ox	Dog	Pig
Grains	Wheat	Beans	Rice	Hemp	Millet
Yin organs	Liver	Heart	Spleen	Lungs	Kidneys
Yang organs	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Sense organs	Eyes	Tongue	Mouth	Nose	Ears
Tissues	Sinews	Vessels	Muscles	Skin	Bones
Emotions	Anger	Joy	Pensiveness	Sadness	Fear
Sounds	Shouting	Laughing	Singing	Crying	Groaning

相生

the **generating** (sheng, mother-child) cycle. This cycle describes the ways in which each element, serving as a mother, promotes the growth and development of the following child element.

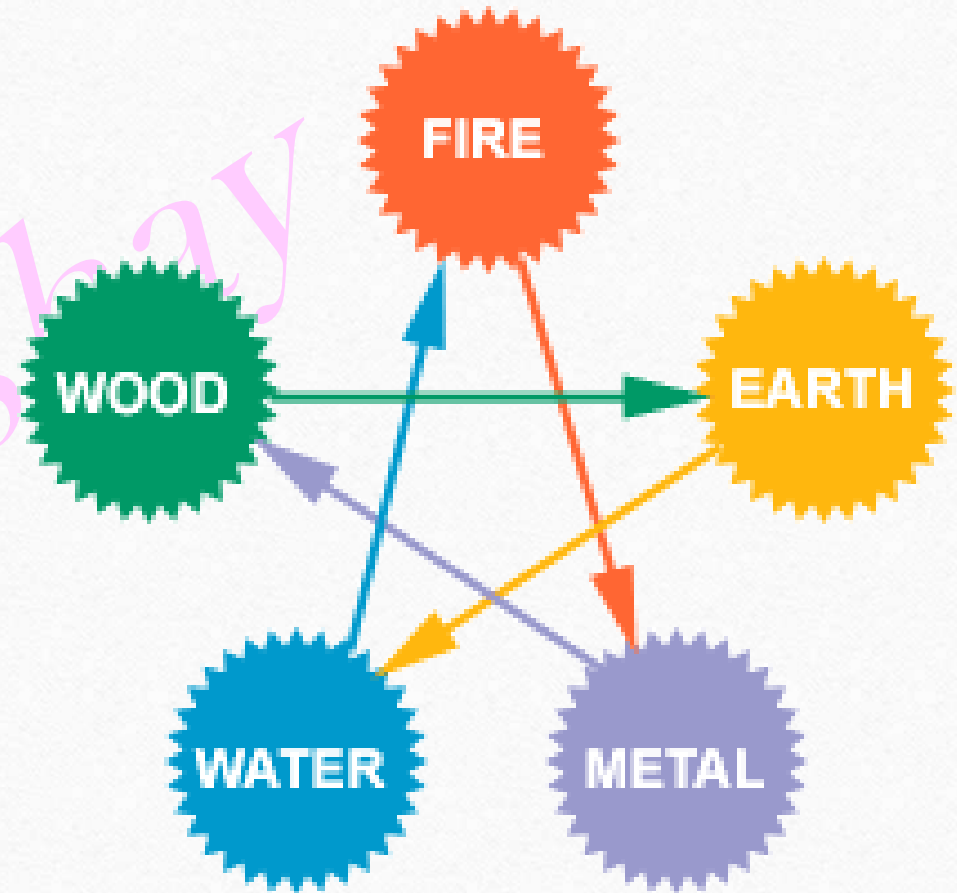


Generating (Sheng) Cycle

相剋

The **controlling** (ke, grandparent–grandchild) cycle provides for a check and balance system among all of the elements.

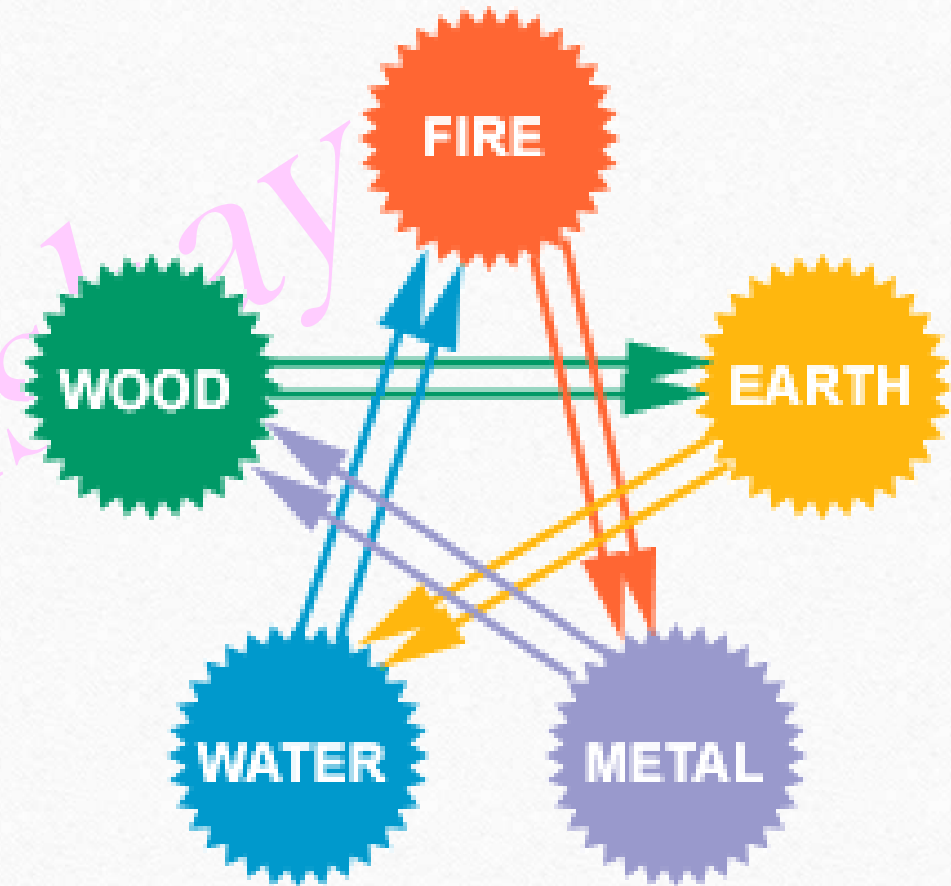
木得金斂，則木不過散；
火得水伏，則火不过炎；
土得木疏，則土不过湿；
金得火温，則金不过收；
水得土渗，則水不过润。
皆气化自然之妙用。



Control (Ke) Cycle

相乘

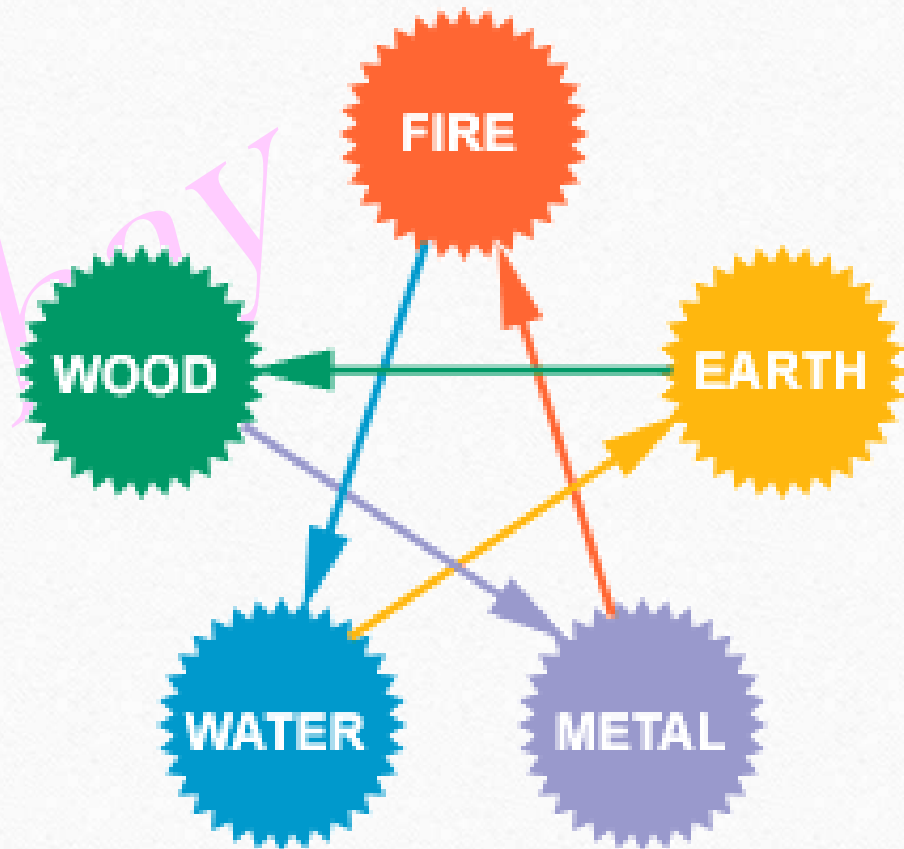
The **overacting** cycle (cheng) is an imbalance within the controlling cycle where the grandmother element provides too much control over the grandchild and weakens the element. Within nature you may see Water putting out Fire, Earth soaking up Water and so on.



Overacting (Cheng) Cycle

相侮

The **insulting cycle** (wu) is also an imbalance within the controlling cycle where the grandchild insults or returns the controlling force generated by the grandmother. Using examples from nature you can see Fire burning up Water and Water washing away Earth and so on.



Insulting (Wu) Cycle

WOOD – the fresh and active energy of spring

- Wood stands for creativity, independence and a pleasure to play. It not only represents spring time, but our childhood as well. Wood always wants to grow – preferably without limitations - and if you show him its boundaries it can react violent-tempered or insulted. Vivid green colours belong to the wood element as well as long-stretched forms and the sour taste. Physically, **liver and gall bladder** are the organs of the wood element. Emotions like **anger** and fury can be accumulated in the liver and cause serious health problems.



Wood

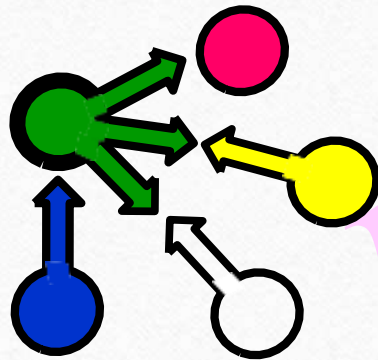
- Sound
 - shout
- Emotion
 - anger
- Climate
 - windy
- Season
 - spring

- Direction
 - east
- Sense organs
 - eyes
- Tissue
 - Sinews
- Zang/Fu
 - LIV/GB
 - Color: Green
 - smell: Rancid

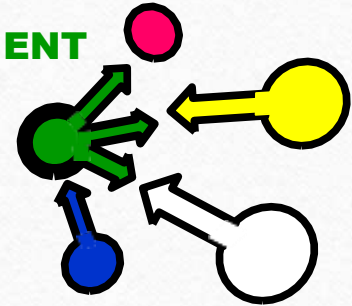


Wood

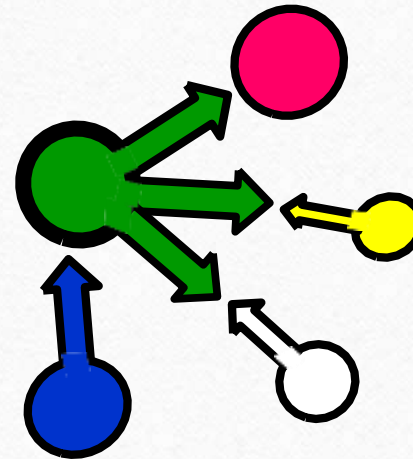
BALANCED



DEFICIENT



EXCESS

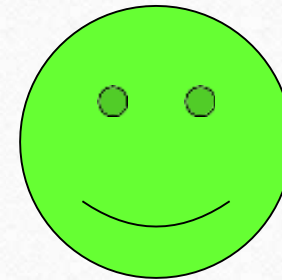




Wood constitution

“The Pioneer”

- Enjoys leadership roles and being in charge
- Confident, assertive
- Competitive, ambitious, athletic
- Feel powerful and invulnerable
- Openly discuss their abilities and achievements
- Enjoy being first, best, unique
- Think they are always right even if others don't
- Act boldly or decisive
- Take pleasure in public recognition
- Enjoy striving against the odds
- Reject or argue with other's appraisals of them



FIRE – warmth and energy for an active life

- Fire stands for activity and pure life energy, but as well for our mental and intellectual expansion and spirituality. The season of this element is **summer** of course due to its warm temperatures. In the human life cycle, fire represents the first steps towards self-realization and thus our teenager age. The colour red in all its shades stands for the fire element, as well **as triangle and pointed forms and the bitter taste. Heart and small intestine** are the fire organs in our body. Heart and circulatory disturbances are typical symptoms of a disturbed fire element.



Fire

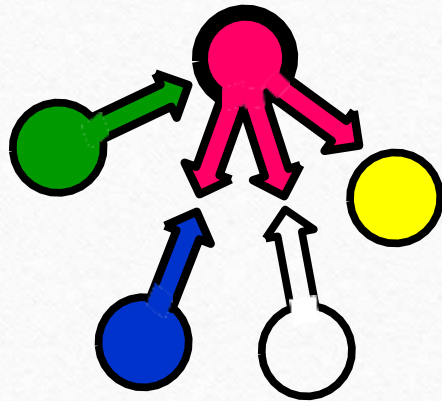


- Sound
 - laugh
- Emotion
 - joy
- Climate
 - heat
- Season
 - summer
- Direction
 - south
- Sense organ
 - tongue
- Tissue
 - Blood Vessel
- Zang/Fu
 - HT/SI - PC/TH
 - Color: Red
 - Smell: Scorched

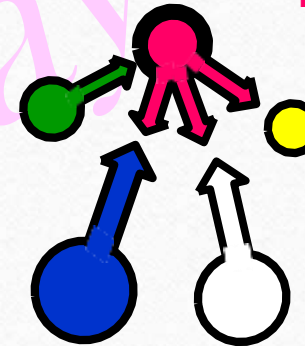


Fire

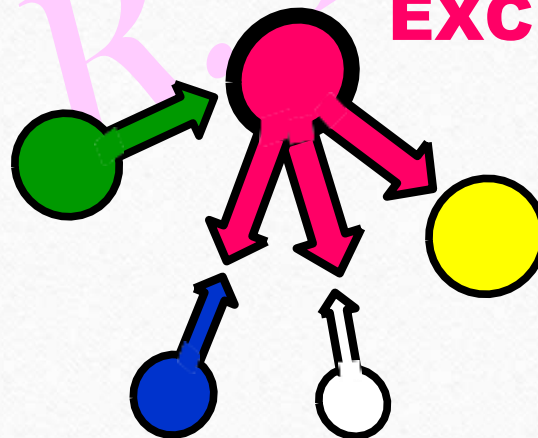
BALANCED



DEFICIENT



EXCESS

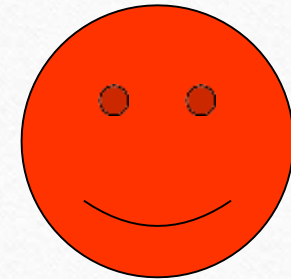




Fluent Image

- High energy, animated, enthusiastic
- Enjoys the pleasure of their senses
- Easily knows what others feel and think, empathic
- Enjoys physical contact and emotional intimacy
- Enjoys being moved emotionally
- Like very stimulating environments
- Share inner most feelings- sometimes share too much information
- Live here and now
- See the humor in life
- Emotionally sensitive, responsive and intuitive
- Enjoy being attractive and magnetic

Fire constitution “The Wizard”



EARTH – be centered with more stability and security

- Earth stands for stability, security and a strong family connection and often shows with an unflexible and conservative mind. It represents tradition, solidarity and the will to support those who are in need. **Earth** is a symbol for the center as well and describes the time of maturity in our life's. All yellows and browns belong to the earth element just as flat and even rectangular forms and the **sweet (bland)** taste. On the physical level **stomach and spleen** belong to the earth element. The emotions connected with the earth element are sorrows and worries (over-thinking).

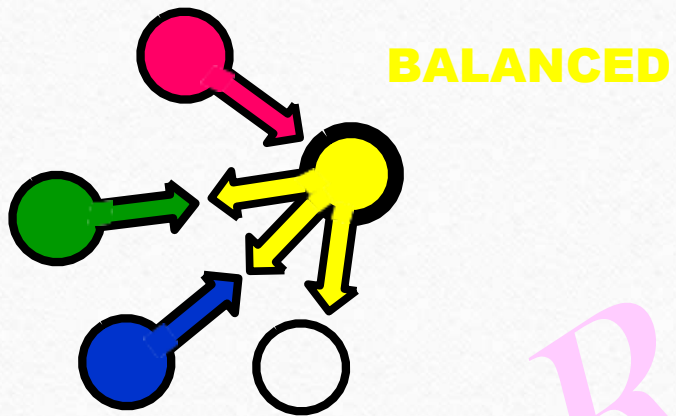
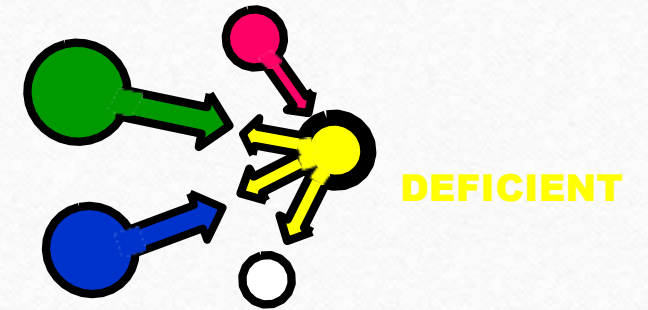
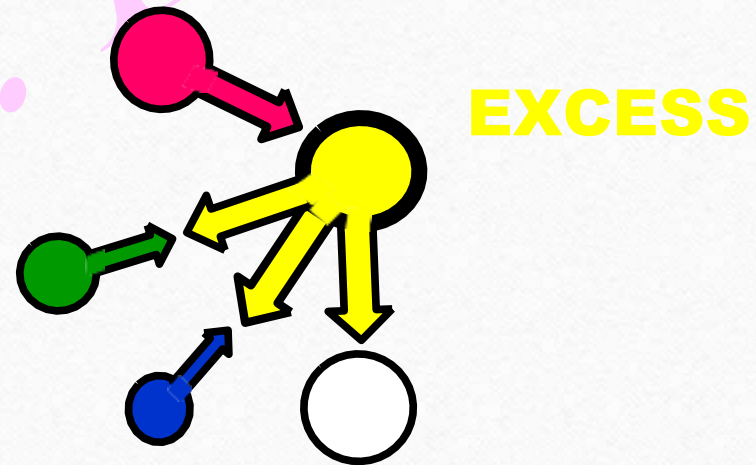


Earth

- Sound
 - song
 - Emotion
 - sympathy
 - Climate
 - humid, damp
 - Season
 - late summer
- Direction
 - center
 - Sense organ
 - mouth
 - Tissue
 - muscles
 - Zang/Fu
 - SP/ST
 - Color: Yellow
 - Smell: Fragrant (fruitful – Tropical-rotten apple) DKA



Earth





- Nurturing, supportive, sympathetic
- Loyal and accessible to others
- Puts needs of others before their own
- Enjoy being relied upon for help
- Enjoy socializing with family and friends
- Agreeable, accommodating, easy going
- Diplomatic and tactful
- Get involved in other people's lives
- Help others work together in harmony
- Believe others opinions of them
- Enjoy maintaining many diverse and even conflicting relationships

Earth constitution

“The Peacemaker”



METAL – organized and structured into the autumn of your life

- Metal means ambition, determination, progress and persistence. It also stands for strategic thinking and rational dealing with money. **Autumn** is the season connected with this element. In our life cycle metal means the time, when we stop building and start looking for the essentials and get rid of old habits. White is the colour of the metal, its form is rounded, its taste is **spicy**. Physically an imbalance of the metal element shows most likely at the **lungs or the large intestine**.

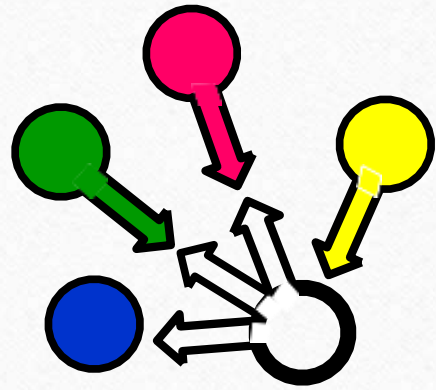


Metal

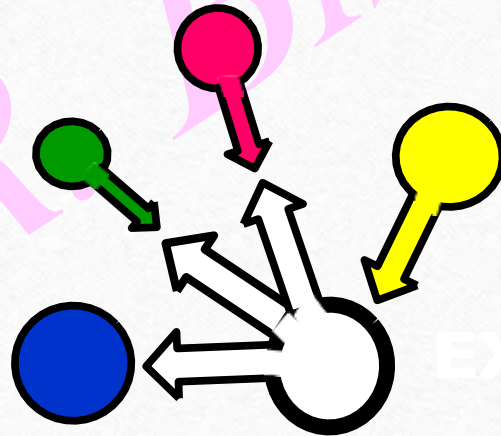
- Sound
 - weeping
- Emotion
 - grief
- Climate
 - dry
- Season
 - autumn
- Direction
 - west
- Sense organ
 - nose
- Tissue
 - skin
- Zang/Fu
 - LU/LI
 - Color: White
 - Smell: Rotten (BUT not rotten apple)



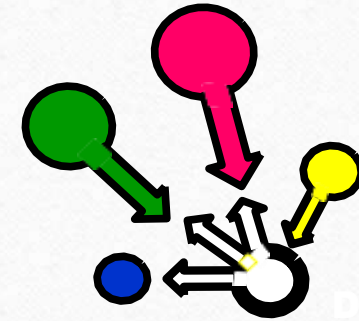
Metal



BALANCED



EXCESS

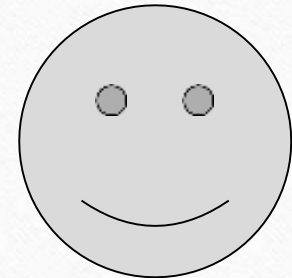


DEFICIENT



- Aloof, self contained
- Self control, easily restrain themselves
- Not overly involved in the affairs of others
- Neat and orderly, tasteful, discriminating
- Logical, analytical, systematic approaches to problem solving
- Make judgments according to objective criteria
- Virtues and principles before pleasure and fulfillment
- Accept authority of those with more competence
- Content with a few close undemanding attachments
- Enjoy the process of solving puzzles and mysteries
- Work best in situations with defined goals and guidelines

Metal constitution “The Alchemist”



WATER – source of wisdom and mental strength

- Water represents the mind and likes to think without limits. Emotions and enthusiasm loose their importance, life takes place more likely on a mental level. In our life cycle as in the seasons this is the time of winter, where we retire to the inside and concentrate on the important things. Black and dark blue are the colours of the water element, its form is irregular and wave-shaped. The salty taste belongs to the water element. Kidneys and bladder are the organs of this element, which can be harmed most likely by negative emotions such as fear and anxiety.



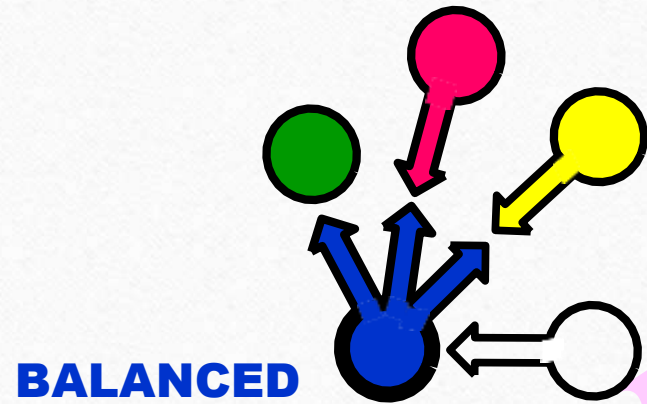
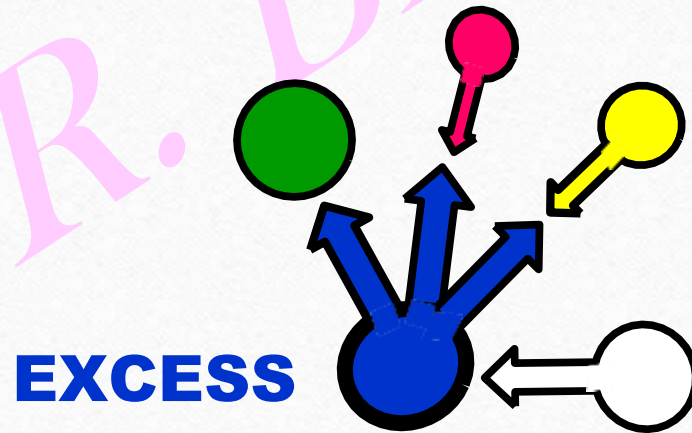
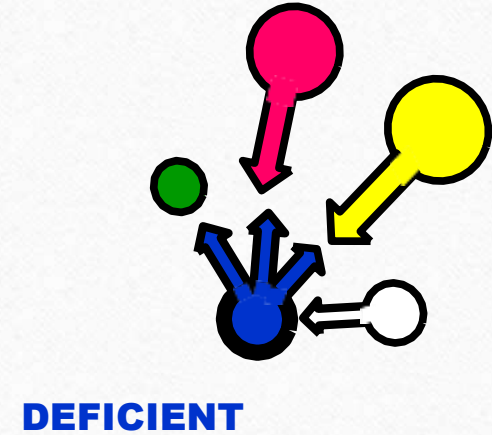
Water

- Sound
 - groaning
- Emotion
 - fear
- Climate
 - cold
- Season
 - winter

- Direction
 - north
- Sense organ
 - ears
- Tissue
 - bones
- Zang/Fu
 - KID/BL
 - Color: Black
 - Smell: Putrid



Water

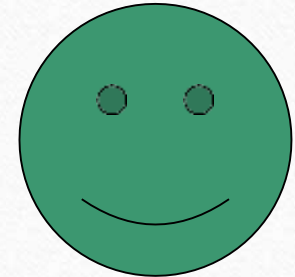




- Considered unusual or eccentric
- Involved in intellectual pursuits
- Content being anonymous
- Keep feelings, thoughts and opinions to self
- Indulge their imagination and curiosity
- Choose privacy over intimacy, solitude over socialization
- Cautious and sensible
- Enjoy frequent periods of solitude and introspection
- Like being on the periphery of social situations
- Critical and skeptical while observing people and events from a distance

Water constitution

“The Philosopher”



表裡 Exterior Interior Pair

- The organs, classified as *zang* and *fu*, are paired. While the *zang* organ serves as a residence (the *shen* resides in the heart) and a major transporter (the heart moves the blood) the *fu* organ serves only as a transfer station, temporarily storing material that is to be discharged.



Use of TCM Theory

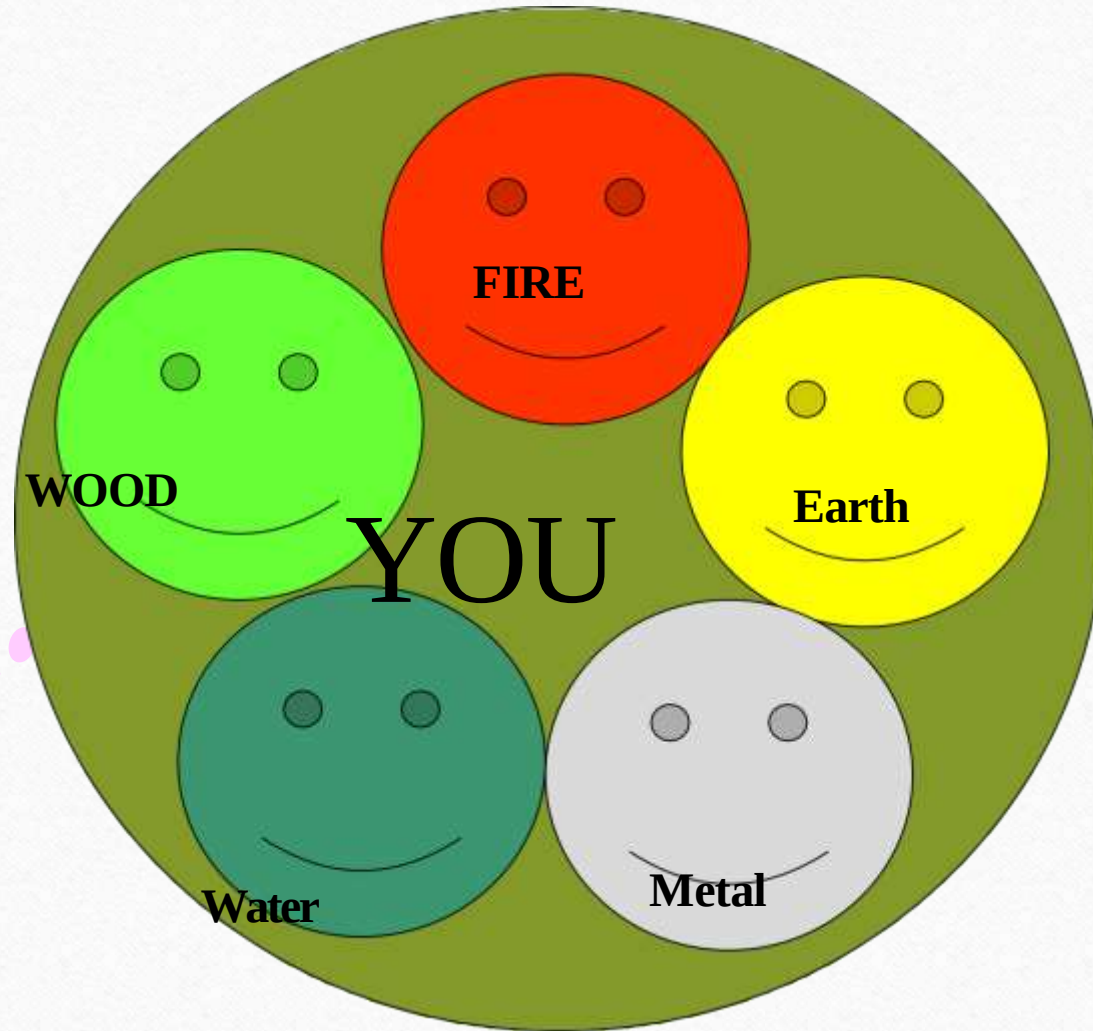
- Balance is the key
- Support constitutional needs
- Add treatments for specific problem (local, meridian or zang/fu)
- Treat **master points**
- **For Deficiency** -- Treat parent
- **For Excess** -- **Treat grandparent** ..Tonify the Grandparent”
- **For Prevention** - - Treat grandchild



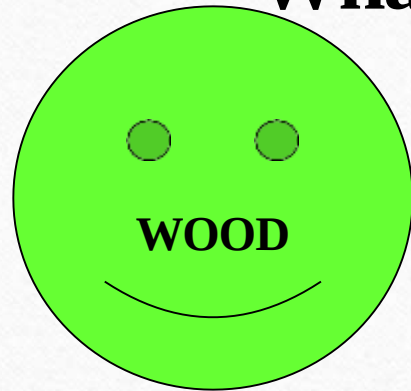
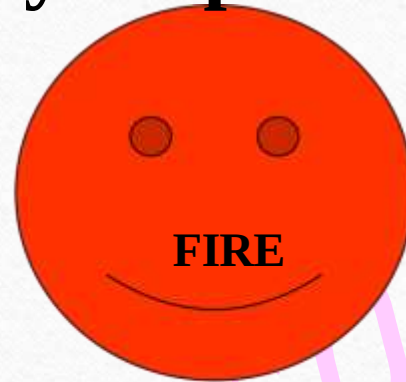
Each person contains every element

You have all 5 elements
but one is usually
predominant

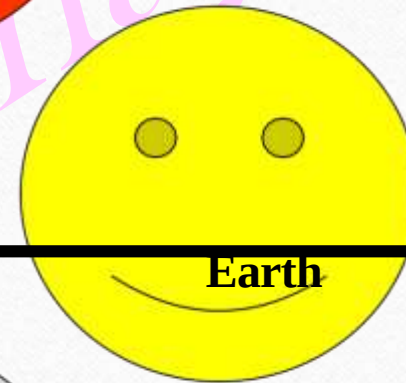
Also you have 5 phases to
your life that influence the
expression of your
constitution over time



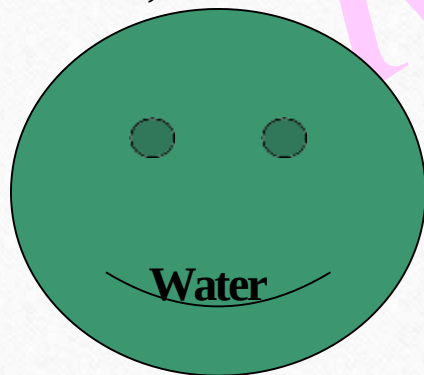
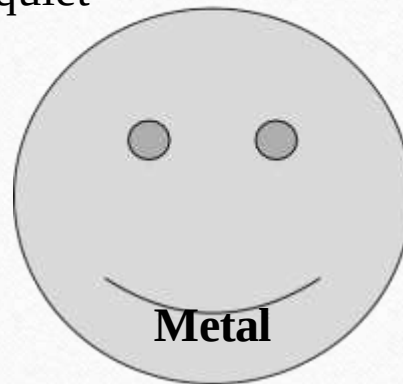
What is your predominant constitution?



Yang -extroverted, outward oriented, talkative



Yin -introverted, inward orientated, quiet



Are you Wood?

Balanced

Confident

Assertive

Bold

Ambitious

Competitive

Powerful

Direct

Committed

Decisive

Unbalanced

Arrogant

Aggressive

Reckless

Driven

Antagonistic

Compulsive

Impulsive

Fickle

Ambivalent

Disorders

High blood pressure

Irritable bowel syndrome

Irregular breathing

Migraines

TMJ problems

Sexual dysfunction

Substance abuse

Muscle cramps

Wood life challenges...

- Balancing intensity
- Exercising restraint
- Dealing with ambiguity
- **Anger management**
- Sharing with others
- Cooperating with others



**How can your Metal and Earth Selves
help you achieve balance?**

“He whom others fear likewise cannot
but fear others” Lao Tzu

Wood and Earth Balance



**Cultivate your Earth Self to learn tact, teamwork, sharing and the value of other's opinions
In prevention: treat the grandson.**

Wood and Metal balance



**Cultivate your Metal Self to develop
restraint, control and calmness**
“In Excess Tonify the Grandparent”

Are you Fire?

Balanced

Lively
Communicative
Charismatic
Optimistic
Aware
Tender
Empathic
Enthusiastic
Devoted

Unbalanced

Excitable
Anxious
Seductive (Captivating)
Pollyanna (*tendency to find good in everything*)
Confused
Hypersensitive
Sentimental Avid (*rely on emotions more than reasons*)
Selfish

Disorders

Arrhythmias
Nervous exhaustion
Insomnia
Painful urination
Hypersexual
Tires easily
Eczema
Thermoregulation
Addicted to stimulants

Fire life challenges

- **Setting boundaries**
- Giving space
- Dealing with separation
- Needing excess stimulation
- Day dreaming
- **Insomnia**
- Excess dramas- being over emotional



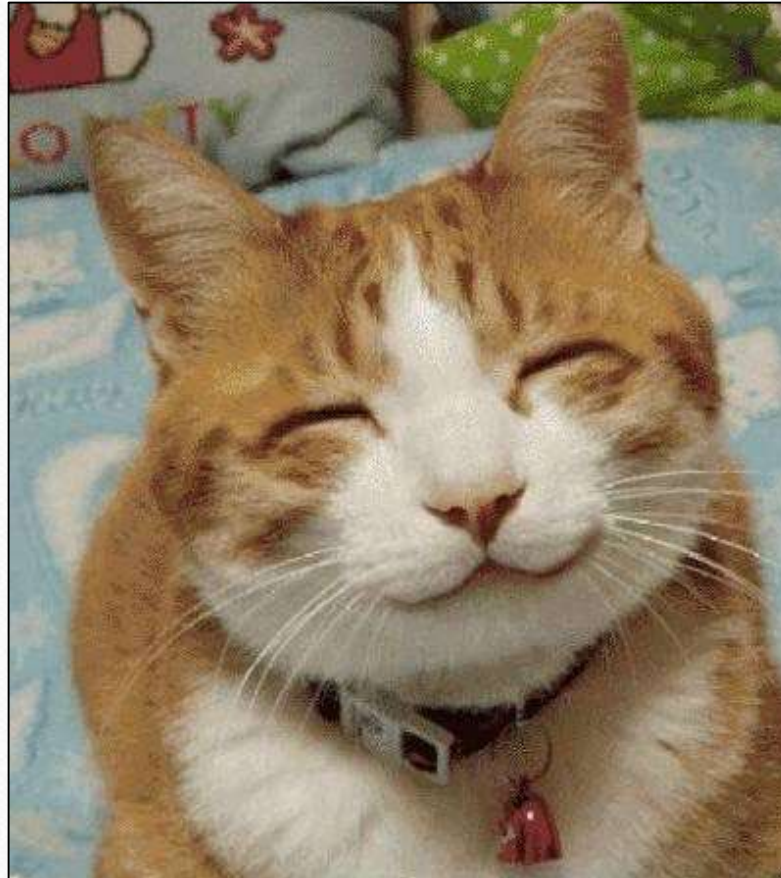
“Striving for an excess of praise,
one ends up without praise” Lao
Tzu

Fire and Water Balance



To balance excess Fire cultivate your Water Self to learn how to enjoy being alone and solitary quiet introspection (Tonify the Grandparent)

Fire and Metal Balance



**Cultivate your Metal Self to achieve independence,
emotional control, self discipline and order
Treat the grandson.**

Are you Earth?

Balanced

Nurturing
Supportive
Relaxed
Oriented
Sociable
Sympathetic
Considerate
Agreeable
Poised (calm)
Attentive

Unbalanced

Overprotective
Meddlesome (*Intrusive*)
Worried
Scattered
Crowding
Attached
Loss of identity
Conforming
Precarious (*not secured*)
Overbearing

Disorders

Excessive appetite
Water retention
Hard to lose weight
Sticky saliva and perspiration
Puffy eyelids
Varicose veins
Slow healing
PMS
Tooth decay

Earth life challenges

- Dealing with change
- Being disoriented
- Too much self sacrifice
- Inefficiency
- Ambivalence (contradictory)
- Maintaining identity
- Developing independence
- Maintaining concentration



Dried up Earth can no longer sustain life

“A terrace nine layers high starts from a basketful of earth” Lao Tzu

How can your Wood and Earth Selves help you achieve balance?

Earth and Wood Balance



Cultivate your Wood Self (roots) to develop identity, strength and assertiveness when being a “door mat”

Earth and Water Balance



**Cultivate your Water Self to
learn solitude, self reliance and
focus**

Are you Metal?

Balanced

Methodical

Discerning (*knowledgeable*)

Scrupulous (*attentive to details*)

Accepting

Neat

Calm

Disciplined

Honorable

Precise Reserved

Unbalanced

Ritualistic

Inflexible

Perfectionist

Prejudiced

Sloppy (careless)

Resigned

Strict

Self righteous

Dogmatic

Elusive

Disorders

Constipation

Stiff spine and posture

Dry cough

Dry skin, cracked nails and lips

Depression/sadness

Sinus Headache

Respiratory disorders

Moles and warts

Fear of intimacy

Metal life challenges..

- **Rigidity**
- Developing emotional expression
- Developing intimacy
- Difficulty with authorities
- **Anxiety with lack of order**

How can your Fire and Wood Selves help you achieve balance?

“A tree that is inflexible will snap” Lao Tzu

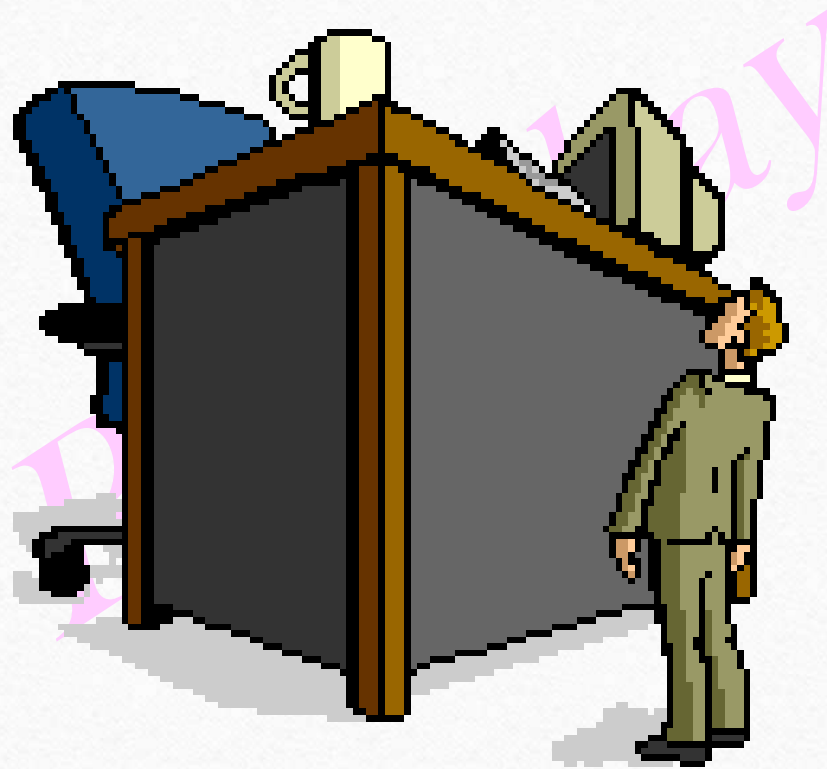


Metal and Fire Balance

Cultivate your Fire Self to develop intimacy, emotional expression and spontaneity



Metal and Wood Balance



Cultivate your Wood Self to loosen your restraint and develop the assertiveness necessary to deal with authority figures

Are you Water?

Balanced	Unbalanced	Disorders
Candid Introspective Modest Watchful Objective Curious Sensible Careful Particular Thrifty	Frightened Withdrawn Anonymous Voyeuristic (<i>Sadic</i>) Detached Scrutinizing (<i>Inspecting</i>) Pessimistic Phobic Fussy Miserly (<i>not generous</i>)	Kidney and Bladder stones Osteoporosis Frigidity/Impotence Disc diseases Cold legs and feet Anorexia Weak digestion Constipation Hypertension

Waterlife challenges...

- Difficulty with sociability
- Too much introversion
- Accepting some conformity
- Generosity
- Hypochondria
- Isolation
- Communication
- Trust
- Confidence



How can your Water and Earth Selves help you achieve balance?

“The sage does not hoard, the more he does for others the more he has himself” Lao Tzu

Water and Earth Balance



Cultivate your Earth Self to overcome extreme isolation, learn to trust and develop sociability and generosity

Water and Fire Balance



**Cultivate your Fire Self to add some spice to your life
(extroversion, sociability, communication and a little drama)**

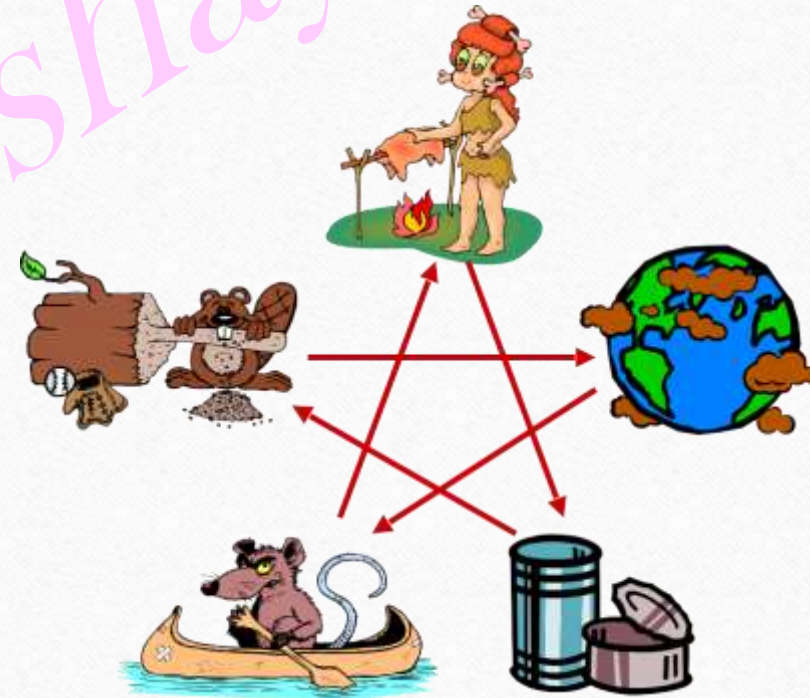
Shen (creation) Cycle

- The **Wood** is burned by **Fire** to create the **Earth** which builds up into mountains that contain the **Metals** and collect the **Water** which feeds the **Wood**.



Ke (control) Cycle

- The **Earth** can dam up the **Waters** which can dowse (buried) the **Fire** which can melt the **Metal** which can be formed into axes to chop the **Wood** which sends its roots to hold the **Earth**.



TCM 8 Principles



- **Depth of Disease**
- **Exterior -- Interior**
- Nature of Disease
- Hot -- Cold
- *Relative Strength of Body vs. Disease*
- *Excess -- Deficiency*
- **Overall Character**
- **Yang -- Yin**

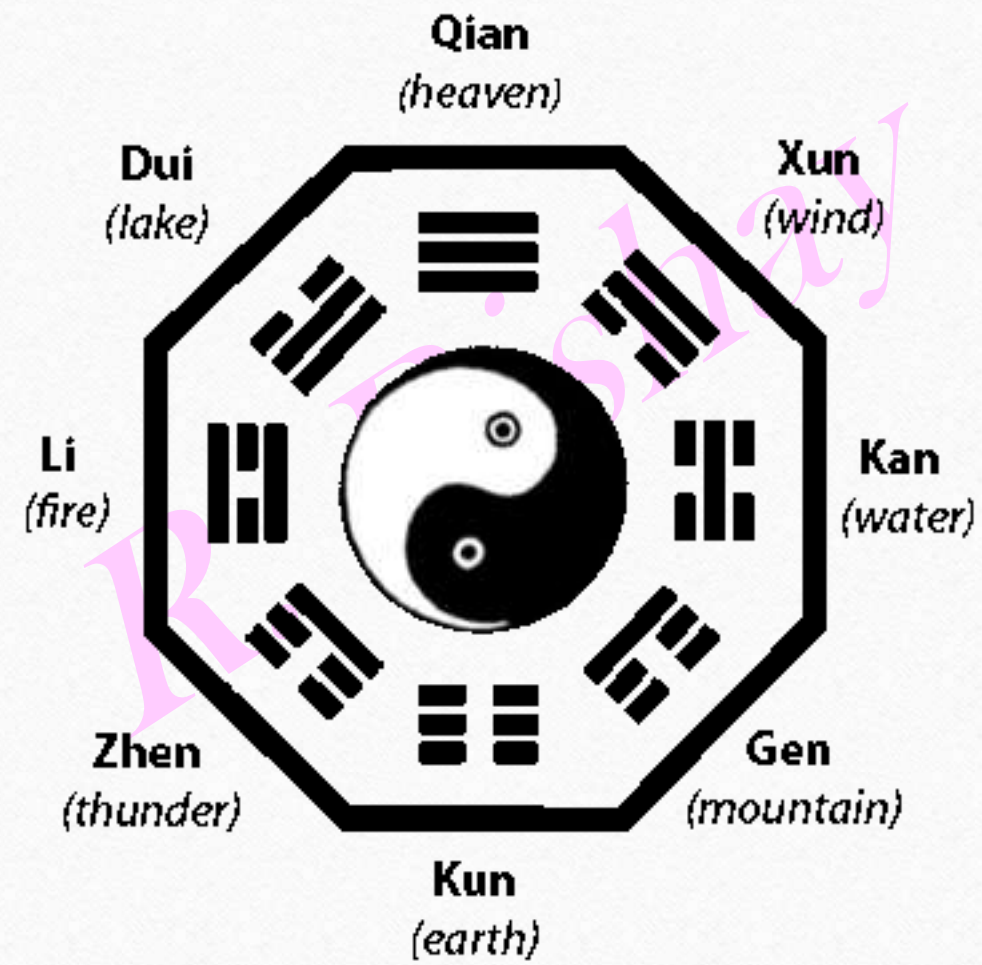
2^0  2^1 

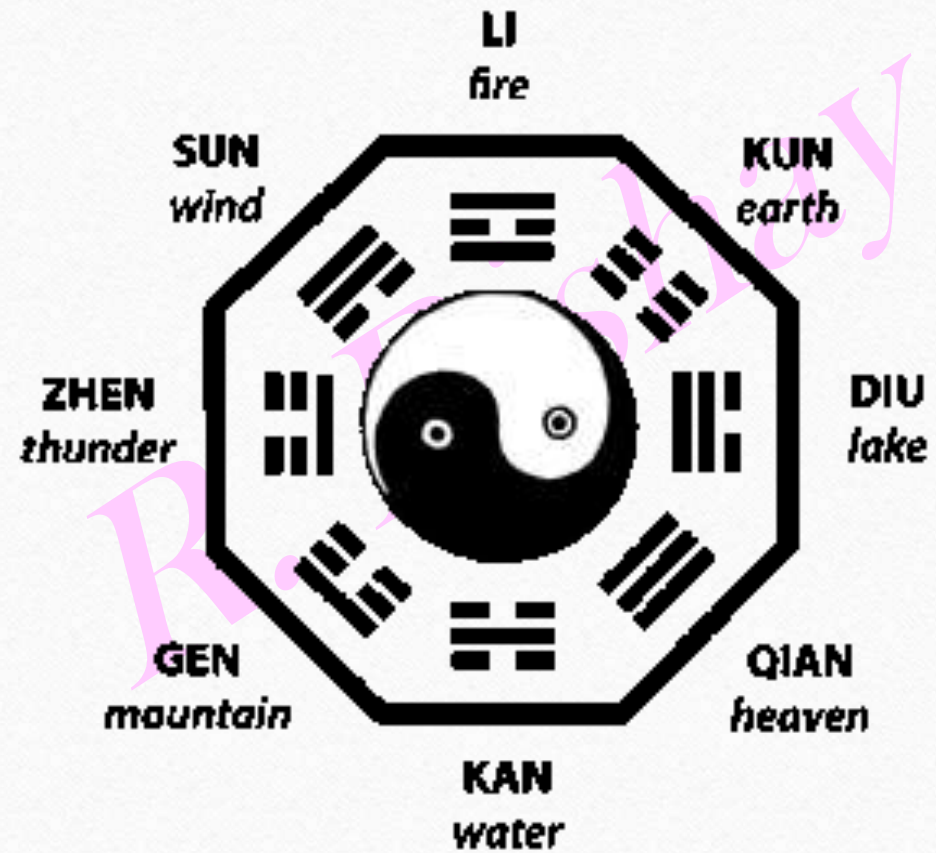
Yang



Yin

 2^2 Supreme
YangLesser
YinLesser
YangSupreme
Yin 2^3 Qian
Heaven
Strength
Creative
HeadDui
Lake
Pleasure
Joyous
MouthLi
Fire
Clinging
EyeZhen
Thunder
Arousing
Shaking
FootSun
Wind
Gentle
ThighKan
Water
Abysmal
EarGen
Mountain
Stillness
HandKun
Earth
Receptive
Accepting
Belly

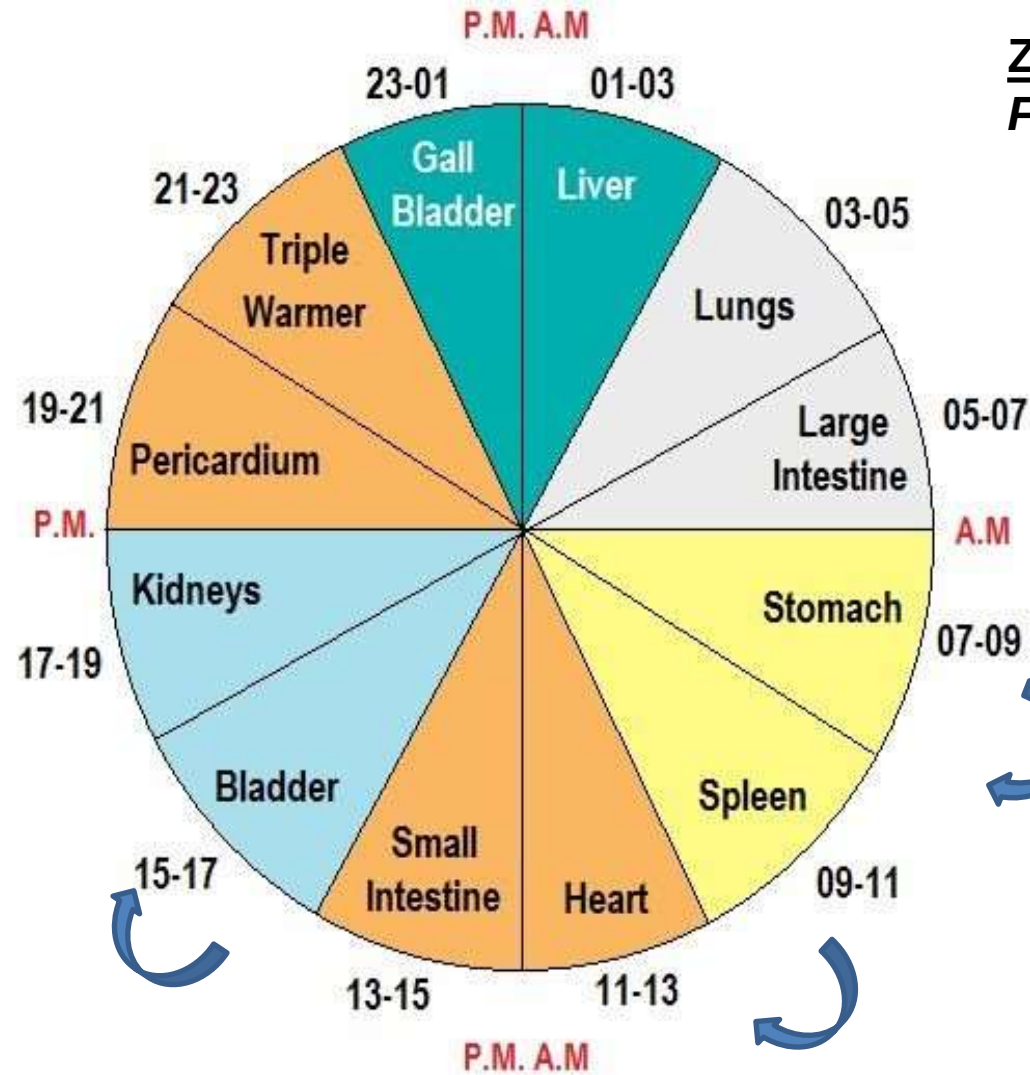




	Heavenly Stem 天干	PinYin 拼音	Yin Yang 阴阳	5 Element 五行
1	甲	Jia	Yang 阳	Wood
2	乙	Yi	Yin 阴	Wood
3	丙	Bing	Yang 阳	Fire
4	丁	Ding	Yin 阴	Fire
5	戊	Wu	Yang 阳	Earth
6	己	Ji	Yin 阴	Earth
7	庚	Geng	Yang 阳	Metal
8	辛	Xin	Yin 阴	Metal
9	壬	Ren	Yang 阳	Water
10	癸	Gui	Yin 阴	Water

The 12 Earthly Branches

子	Zi	Rat	鼠	Yang Water	陽 水
丑	Chou	Ox	牛	Yin Earth	陰 土
寅	Yin	Tiger	虎	Yang Wood	陽 木
卯	Mao	Rabbit	兔	Yin Wood	陰 木
辰	Chen	Dragon	龍	Yang Earth	陽 土
巳	Si	Snake	蛇	Yin Fire	陰 火
午	Wu	Horse	馬	Yang Fire	陽 火
未	Wei	Goat	羊	Yin Earth	陰 土
申	Shen	Monkey	猴	Yang Metal	陽 金
酉	You	Rooster	雞	Yin Metal	陰 金
戌	Xu	Dog	狗	Yang Earth	陽 土
亥	Hai	Pig	豬	Yin Water	陰 水



Zang – Fu
Fu – Zang

TCM

24-hour Clock

