



Since *yin* and *yang* are a fundamental premise of the Chinese medical system, I will start with the *ren* and *du* relationship. The degree of open expressiveness with and between this most fundamental polarity affects all physical and energetic systems in the body, the primary tenets of personality and even the latency or expression of the fundamental prenatal or karmic influences. When expression and feelings are held in, it impedes and minimizes the "bandwidth" between the *ren* and *du* and thus reduces the power in the field of our vital force or *qi*. This is a more general and overall effect than those exerted by specific organs. I have researched the details of this specific relationship for more than 14 years, particularly the idea that it is this *ren/du* "bandwidth" that seems to hold the residue of all parental bonding issues within the shifting field of polarity.

In the most basic terms, we know that *yang* is upright, firm, expressive and outwardly strong. These are the most general qualities of a healthy *du*. *Yin* is receptive, soft, reflective and inwardly strong, which are therefore healthy qualities of a balanced *ren*. In my extensive work with anxiety, depression, boundary issues and creative expression, I have found it clinically very useful to include points on the *ren* and *du* meridians whenever one or both these essential attributes need fortifying, sometimes only treating one or both polarities by themselves. Then we will want to assess and, if needed, balance the other six of the eight Extras in both divisions and the three octaves.

Next, we must consider the heart. It is the first organ to function so we know how important it must be to our biological system as a whole. The heart houses the *shen* or spirit. Balancing, energizing and integrating this essential seat of love and consciousness creates a unity with in all the *zang/fu*. It is the primary source of radiance in our bodies.

From there, establishing presence and balance within the three *jiaos* creates a container that along with the energetic grid of the eight Extras holds the heart *shen* and expresses our unity. This also allows the union of the *shao yin*, thereby connecting our Earth ancestral wisdom energy with that of heaven and our innate spiritual alignment. Balancing these larger and global systems in the body offers an intrinsic support to the organs and brain and greatly eases the release of trauma and toxicity, because they open and strengthen our connection to heaven and Earth.

In these simple things, we can serve humanity in great ways. Do not doubt who we are or the gift that we bring.

APRIL 2009