

The five organs that store the essential, potential and building Yin energy in our body are: Kidneys, Liver, Spleen, Heart, Lungs. Their corresponding organs, which control the constructive, realizing and active Yang energy, are: Bladder, Gallbladder, Stomach, Small intestine, Colon.

The main ascending Yang-energy of the Earth flows through the *Posterior governing meridian* (1), and the nourishing descending Yin-energy of the Sun passes through the *Anterior penetrating meridian* (2). (Page 20,21,24)

The Earth constantly rotates around its axis and around the Sun, driven by its own and the Sun's Life energies. The energy that flows through our bodies has its own rhythm, resonating with that of the globe. Important for the Life Energy in our body are terrestrial and planetary cycles and impacts such as: change of night to day, seasons, lunar cycles, which have a gravitational effect on liquids. Solar cycles determine the intensity of the influencing, giving and penetrating solar energy, etc. .

**Rhythm and cyclicity maintain the balance and equilibrium between the manifested forces of Yin and Yang energies in Nature.** (p.20,21,93)

Every two hours, our bodies consciously perform certain physiological processes, forcing us to synchronize with the circadian rhythm of the cycle changing the day with night. In this regard, melatonin, a derivative of serotonin, the hormone of youth, is a **key mechanism in the biological clock** that maintains our healthy balance. (p.31,69,111)

**Table 5: THE CYCARDIAN RHYTHM AND THE CYCLES OF YIN AND YANG, CONTROLLING OUR BIOLOGICAL CLOCK**

Hour of the day	Yang-Organ	Physiological manifestation / Recommended activity	Hour of the day	Yin-Organ	Physiological manifestation / Recommended activity
23.00-01.00	<b>Gall-bladder</b> (p.108)	Synthesis of high quality bile juices. Detoxification. / Sleep./	01.00-03.00	<b>Liver</b> (p.104)	Utilization of food energy, storage of Yin energy and quality blood. Regulates the mood. / Sleep./
05.00-07.00	<b>Colon</b> (p.139)	Disposal of waste materials. / Excretion./	03.00-05.00	<b>Lungs</b> (p.135)	Distribution of total life and respiratory energy. Regulation of water metabolism. / Sleep, deep breathing. /
07.00-09.00	<b>Stomach</b> (p.125)	Ingestion and processing of food for energy intake. / Breakfast./	09.00-11.00	<b>Spleen</b> (p.121)	Distribution and supply of food essence. Regulation of muscle and fat. / Mental and physical activities./
13.00-15.00	<b>Small Intestine</b> (p.115)	Absorption of useful nutrients and elimination of waste materials. / Walking, Fruit breakfast. /	11.00-13.00	<b>Heart</b> (p.114)	Circulates and regulates the vital energy in the meridians. It controls the brain, psyche and consciousness. / Lunch, rest./
15.00-17.00	<b>Bladder</b> (p.101)	Regulation of the water balance and the alkali-acid balance in the body. / Liquids intake. /	17.00-19.00	<b>Kidney</b> (p.95)	Accumulation of essential life energy. Stimulation of cell regeneration, bone system, water metabolism and sexual function. / Dinner. /
21.00-23.00	<b>Tripple Heater</b> (p.39)	Energy distribution in the body. Secretion of melatonin. Regulation of the hormonal balance and the nervous system. / Relaxation. Sleep. /	19.00-21.00	<b>Pericard</b> (p.116)	Activation of the general interaction of the five main Yin organs in the synthesis of nutrients and vital energy. / Walk, pleasant activities, rest. /