

2.3. Yin and Yang in the Energy Meridians of the Human Body

In our body Yin and Yang are manifested as activity and rest, as joy and sorrow, as cheerfulness and fatigue. When the two forces in the body are in balance, the Life Energy flows smoothly and gives us health, happiness and success. When one of the two forces predominates in our body, then the force of the Life Energy decreases until we restore balance, or until Yin and Yang balance each other, which may cause a painful state in our bodies. In the process of metabolism, which takes place in our body, Yin and Yang are manifested as oxidizing or reducing reactions, (p.61) catabolism (decomposition of substances and nourishment of cells) and anabolism (synthesis of substances and tissue building), detoxification. and excretion, respiration and exhalation, alkalizing and acid-forming processes that maintain the vital pH balance in the blood and heart, and so on. (p.44,52,70,93,191)

The Yin and Yang energies in our body flow through strictly defined meridians and energy channels controlled by the various organs. The meridians along which the rising Yang energy circulates are distributed mainly on the surface of the back of our body, and those controlled by the descending Yin energy are located mainly on the front side. Each organ in the human body has its own vibration and is charged with Yin or Yang energy, depending on the frequency. (p.20,21,94)

The energy meridians of our body, which are subject of the healing practice of Traditional Chinese Medicine, are presented schematically on the following table:

