

2.4. Energy blockages in our body

Our tone and health depend on the way the Life Energy flows in the meridians of our body. From the *Table 4* (p.25) of the circadian rhythm and the cyclicity of the flow of the Life Energy in our bodies, it is clear that **for the proper activation of the Yang energy, it is necessary to provide sufficient rest and nourishment of the potential of Yin energy.** When, for one reason or another, we have broken this rhythm, then an imbalance arises between the two currents of our Life Energy. If the arrhythmia persists for a long time, it can cause stagnation or blockage of energy in the meridians of a particular organ or organ system. Energy blockages in the meridians can be the cause of various ailments, which if not corrected over time, turn into chronic diseases. (p.190)

For thousands of years, Traditional Chinese Medicine has studied the vital currents of Yin and Yang that flow through the meridians of our body, and developed and applied methods to stimulate, soothe, purify and balance them in order to increase vitality, but also to influence various disease states. Such methods are acupressure - impact, by concentrated slight massage pressure on vital points located along the meridians, and acupuncture - impact on these points with needle therapy. (p.28,131)

In this guide we will get acquainted mainly with the types, meaning and qualities of energies that flow through our body and **the causes of energy blockages**, so that we can better understand the needs of our body, to control and avoid painful conditions.

Often, the ailments we experience on a purely physical level hinder in one way or another our conscious and mental activities, but also our spiritual aspirations. Conversely, **the disharmony that arises** in our mental and spiritual manifestations often causes a blockage of the energy flowing through our bodies, which we experience as physical pain, physical malaise, fatigue and even exhaustion. (p.27, 57-58)

The influences and events (eg bad weather, abuse), that we tend to perceive and manifest as negative, gain the potential to cause **stagnation in our Mental or Conscious Manifestation, and can block the flow of Yang energy** in our bodies. Such conditions are felt as a disorder associated with the organs that control Yang energy, namely: frequent urination, constipation or disorder, lack or excessive appetite, stomach pain, cold symptoms. (p.102,111,117,133,144,151,152)

Prolonged inharmonious flow of **Yang energy in our body can cause stagnation in the manifestations of Yin energy**, which is often characterized by disorders affecting the Yin organs: fluid retention, excess weight, weakened immunity, bloating and gas, high blood pressure, chronic headache. (p.99,106,117,123,137,149,150)

We will briefly reveal the main causal links between energy blockages and their mental and physical expression: (p.27)

Table 6: EXEMPLARY ENERGY BLOCKAGES DUE TO AN INHARMONIOUS CONSCIOUS MANIFESTATION OF YIN AND YANG ENERGIES IN THE SPIRITUAL AND MENTAL AREAS

Spiritual/ Mental Conscious	Yin	Liver <i>Spiritual Manifestation</i> „Vision“ Black vision	Heart <i>Emotional Manifestation</i> „Taste“ Heartlessness	Spleen <i>Soul Manifestation</i> „Sense“ Wrong sense	Lungs <i>Mental Manifestation</i> „Flair-nose“ Confused mind	Kidney <i>Primary Manifestation</i> „Hearing“ Injured Soul
Yang	Blocking Action					
Gallbladder Impaired detoxification, harmony, understanding		Excessive expression of the Ego / Retention of negative emotions	Impaired blood circulation, varicose veins	Lymphatic stagnation	Occurrence of acne, clogging of the pores	Fluid retention
Small Intestine Poor digestion, difficulty perceiving		Vitamin deficiency, Poor vitamine diet for the liver	Stiffness, swelling	Weakened muscles	Anemia	Frequent injuries
Stomach Crises in the material sphere, weak spirit		Pancreatitis, diabetes	Atherosclerosis	Uncertainty, shyness, lack of initiative, doubts	Increased acidity, low hemoglobin	Impaired metabolism, high uric acid
Colon Mental stagnation		Intoxication, hemorrhoids	Chest pain, arrhythmia	Food stagnation in stomach, difficulty passing stool	Grief, mental disorder, irregular breathing	Fatigue, lack of energy
Bladder Impaired function, communication difficulties		Joint pain, arthritis, rheumatism	High blood pressure	Weak immune system, fluid retention	Frequent colds and respiratory inflammation	Severe fear, weak will, weak intuitive strength, unconsciousness, confusion

The above examples generally present some of the possible physical or mental ailments that we may experience due to stagnation or predominance of Yang energy in our body caused by conscious or unconscious manifestations of the Ego.

For example, if we allow ourselves to see the mostly negative side of things, we run the risk of causing stagnation of Yang energy in the gallbladder due to the corresponding negative emotions that we hold back. The connected Yin-organ - the Liver controls our physical and spiritual vision and such a manifestation on our side would cause a number of metabolic disorders affecting other organ systems if we do not clear our consciousness in time. Our emotional manifestations, along with disturbance of circadian rhythm and unbalanced eating, can block or over-excite the Yang energy, causing a lack of energy in the Yin organs. The systemic imbalance between our Yin and Yang energies can activate the destructive energy that triggers physical, mental and soul illnesses. Such manifestations are naturally limited in time, due to the depletion of vital forces and Life energy. (p.12,21,29,93)

It is clear that a healthy balance requires not only synchronization with the circadian rhythm, but also maintaining stability in the balance line between Yin and Yang. Our health depends mainly on the rational use of the Life Forces on the Physical, Mental and Spiritual levels. (p.13-15,25,157,170,190,192)

One of the simplest ways we can consciously master the unconscious manifestations of the Ego, in moments of emotionality or mental stagnation, is to release negative energy by massaging the palms and fingers of our hands.