



(Fig.2: Yin and Yang):

## Chapter 2: **The Energy of Life**

### **AND THE BENEFICIAL POWERS OF NATURE**

*"If we open the center of the nut of a fruit to find out, what stimulates its germination in the soil until the growth of the tree and the birth of the fruit, there, in this Center, we will find NOTHING."*  
Robert Tisserand

*"If you want to understand the universe, think of it as Energy, Frequencies, and Vibrations."*  
Nikola Tesla

*"Matter is condensed energy. Energy is condensed light. Light is condensed Thought. Thought is condensed Love. Love is the fruit of the Spirit. And the Spirit is the primary manifestation of God. God is a statement of the absolute, the unmanifested."*  
Peter Dunov

**It is the Life energy that creates the Life.** She is the expression of the all-pervading and ubiquitous Spirit, which contains in itself the manifested and unmanifested life. The life energy, also called "prana", "Chi" or "Qi", cannot be seen or touched, but the results of her existence and action are all around us. Its most tangible manifestation is through the four types of matter: fiery, solid, liquid and air.

**The life energy manifests itself through the interaction of the two life-giving natural forces: Yin - the potential (creative thinking) and Yang - the action (realization of the potential).** When yin and yang are in balance, a spark of life energy arises that creates life that runs on the edge of the extremely narrow boundary of interaction between them. It is the life energy that causes the seed to become a plant by planting roots in the ground (yin) and the stem and petals growing upwards (yang). The quality of the manifested life energy depends on the qualitative interaction of the two natural forces yin and yang.

It is the life energy that balances the opposites in order to manifest and realize life. The more balanced and harmonious the interaction between the two natural forces Yin and Yang, the stronger the **magnetic field** they generate, i.e. the more sustainable the manifested life energy is. The more intense and inharmonious the interaction between the two forces, the stronger the **electric field** they create, i.e. the stronger but unbalanced one is the life energy, which can lead to its exhaustion.

*"It's all in the LAW. Nothing can exist outside the law."*

from the Emerald Tablets of Thoth Hermes Trismegistus

In order to maintain balance, in the interaction between Yin and Yang, the Life Energy controls the two forces, manifesting in nature according to a universal harmonic law. Every process and every energy and matter, living and non-living, is subject to this law, so that the Life Energy can manifest and flow in the most unobstructed and harmonious way possible, just as water finds the most direct and easily passable path between the pebbles.

**Life will exist as long as the beneficial forces of the Life Energy, Yin and Yang, are in constant interaction to potentiate and realize it.** (p.93,94,131-132) From the quality and strength of Yin, depends the quality and strength that Yang must show: if Yin is inactive, Yang will have to do all the work to be able to manifest; (p.27,44,37-38) but if Yin does not balance the unlimited active energy of Yang, the result of Yang's activity can be destructive. (p.20,29) If Yang is stagnant, the potential of Yin will increase, but it will not be able to manifest, to realize the creative energy, which will produce an unbalanced tension. (p.35,57-58)

**Life energy will cease to manifest, where harmony is irreversibly disturbed, but will still retain information from its existence.** And when Jesus Christ says on behalf of His Father: "Who eats of my bread (my flesh - Yang) and drinks of the wine of mine (my blood - Yin), will have Eternal Life", it means: "Whoever lives in My Truth, Faith (Wisdom) and Love - the Divine expression in the physical, mental and spiritual manifestation of Humanbeing (Yang) and perceives the Divine Thought (Yin) - will have Eternal Life." (p. 17,18,22)

## Yin and Yang in Nature

We often identify Yin and Yang, similar to the positive and negative battery charge. As the feminine and masculine beginnings - the two opposites that complement each other to create ONE WHOLE. Some define Yin and Yang as the good and the bad side of things. In practice, the two forces are so interdependent that it is difficult to determine which is "bad" and which is "good," and both are vital. Therefore, such a "division or understanding of things" often leads to unhealthy results and unlocks the Destructive Energy.

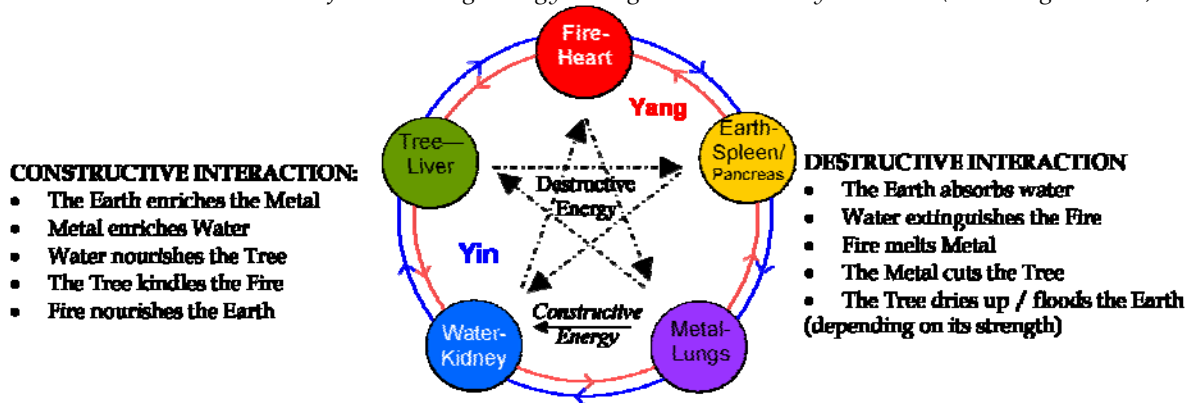
The two forces of nature manifest differently. We will find Yang in the fire, in the high mountains, in the warm summer, in the thunderstorms. We will find Yin in the deep and calm waters, in the fields, in the warm autumn rain, in the quiet and cold winter. The air is Yin, the Earth is Yang. The two forces merge into each other, or predominate during the change of seasons. (p.21,94)

**Yin and Yang can only mutually potentiate, balance, calm or activate, but they cannot mutually neutralize each other.**

Just as rain (yin) cannot neutralize heat (yang), it can only cool the air (balance). Thus, the heat (yang) cannot neutralize the rain (yin), whose vapors (yang) will form clouds (yin), which in turn will create new conditions for rain (yin). The wind (yang) can blow the clouds (yin), but it cannot make them evaporate, just as the earth (yang) can absorb water (yin), but with its heat it will make it evaporate (potentiation).

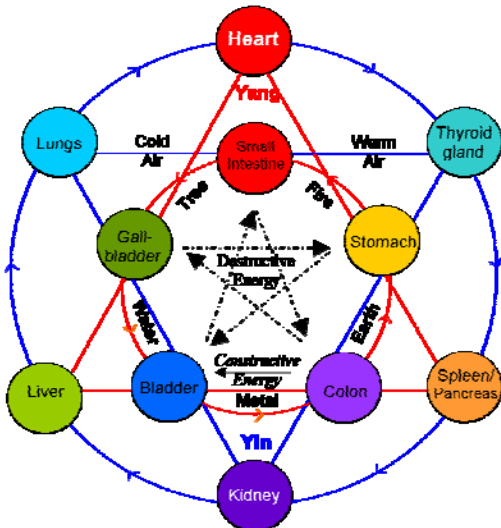
The qualitative interaction between Yin and Yang is as vast as the innumerable variety of matter and energy manifested in the universe and in life on Earth, plus the unmanifested potential that we do not yet know. Every matter - living and non-living, contains particles that determine the quality of the flowing or manifested Life energy. For example, from the appearance and qualities of a stone, we can determine what was the Life Energy that flowed during its formation - the "higher" and stronger this energy was, the more beautiful and magnetic the stone, so long, harmonious, or intense were the interactions of wind, fire, water, and earth that have participated in its creation. The "direction" in which the Life Energy circulates, determines its constructive and destructive manifestations. In this regard, TCM - Traditional Chinese Medicine identifies five natural elements as carriers of Life Energy, through which it is manifested, namely: **Earth, Metal, Water, Wood and Fire.**

Table.2: Interaction of Yin & Yang Energy through the Five Earthly Elements (according to TCM):



Each of these five elements regulates the energies of the five storages - the five main organs in the human body, whose interaction is fundamental to the healing concept of TCM. In a similar manner are distributed the four elements of the zodiac signs in the astrology, which are: **Earth, Fire, Air and Water**, through their specific seasonal manifestations. Through these natural (earthly) elements in our body, the **Seven Life Forces control the flow of Yin and Yang energies** in order to manifest our essence in the Wheel of Life. (p.13,93) In order to get a better understanding of the elemental interaction in our bodies, we will bring the concepts and scientific knowledge of TCM, astrology, alchemy and modern medicine, through the sixth element of the Air in the following scheme together: (p.12, 18,21,24,25,93,190)

Fig.3: Yin and Yang energies manifesting through the Five Elements in the human body, driven by the Sixth element of the Air:



**Red Triangle:** The rising Earth Yang energy, controlled by the three main Yin-Yang pairs of organs: Liver - Bile (Tree element) and Spleen-Stomach (Earth element), supporting the Heart activity through the Small Intestines (Fire element). **Blue Triangle:** The descending Yin energy, through the element of Air, controlled by the Yin-Yang pairs of organs of the Kidney-Bladder (Water) and Lungs-Colon (Metal), with the help of the Yang-organ of the Thyroid gland - warming and cooling the element of air, and potentiating aggregate transformation through the Pericardium. The scheme reveals some specific relationships: the key role of Bile for the health of Lungs and Heart, and the role of the Stomach for Thyroid function, but also the functional dependence of the Liver and Spleen on the activity of the Bladder and Colon. The Heart (Yang-Fire) - Kidney (Yin-Water) interaction, supported by the Small Intestine and the element of Metal, is the "electro-magnetic engine" of the body energy.