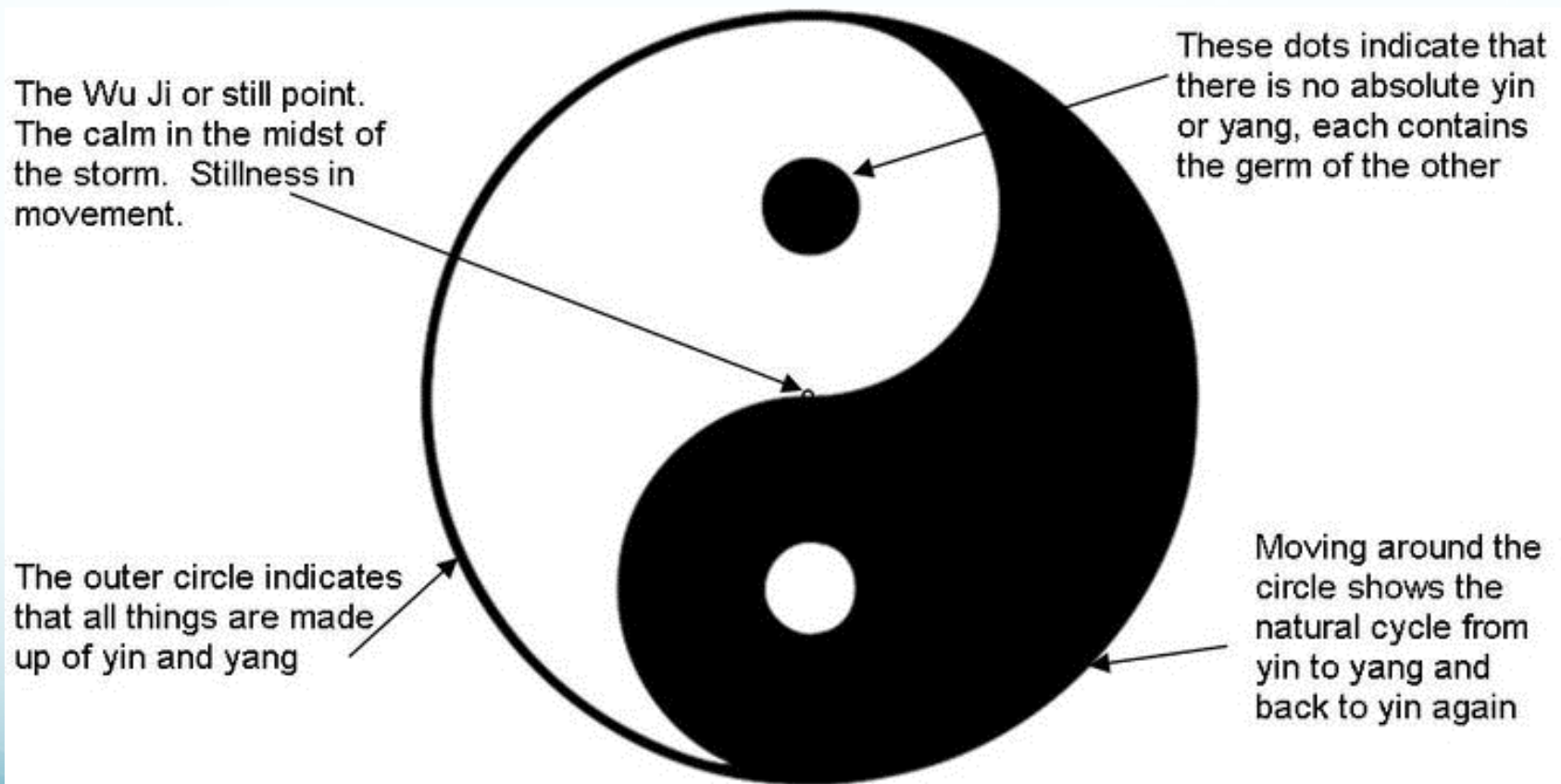


Review & Deepening with 6 Divisions

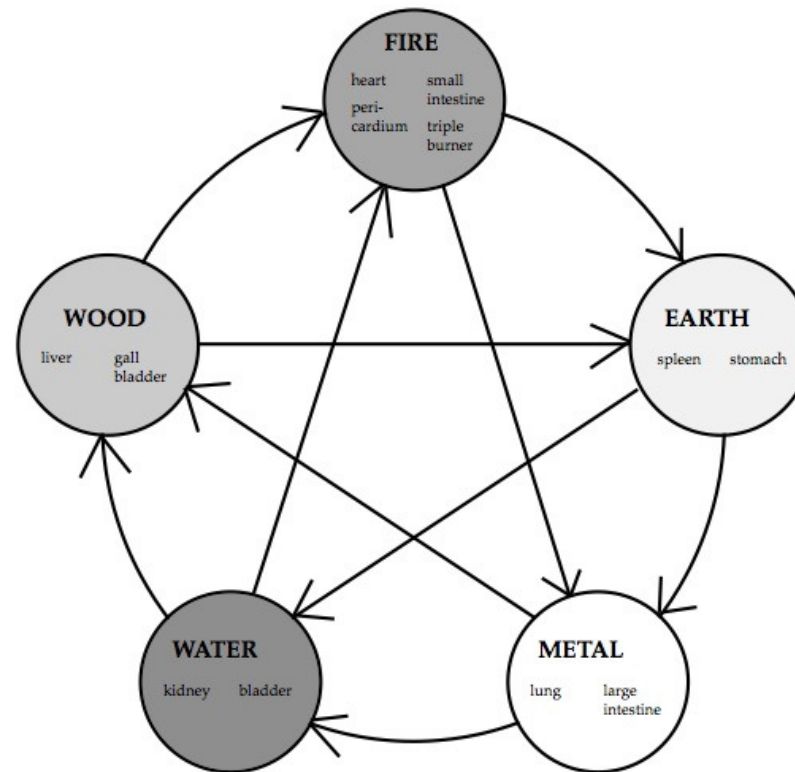
“One, the Universe, divided becomes. One, two, yin yang, opposites that make the whole.”

— ancient Chinese proverb



Five Element Creation and Control Cycle

THE FIVE ELEMENTS Creation and Control Cycle



Creation Cycle

Fire creates Earth
Earth produces Metal
Metal shapes Water
Water nourishes Wood
Wood Feeds Fire

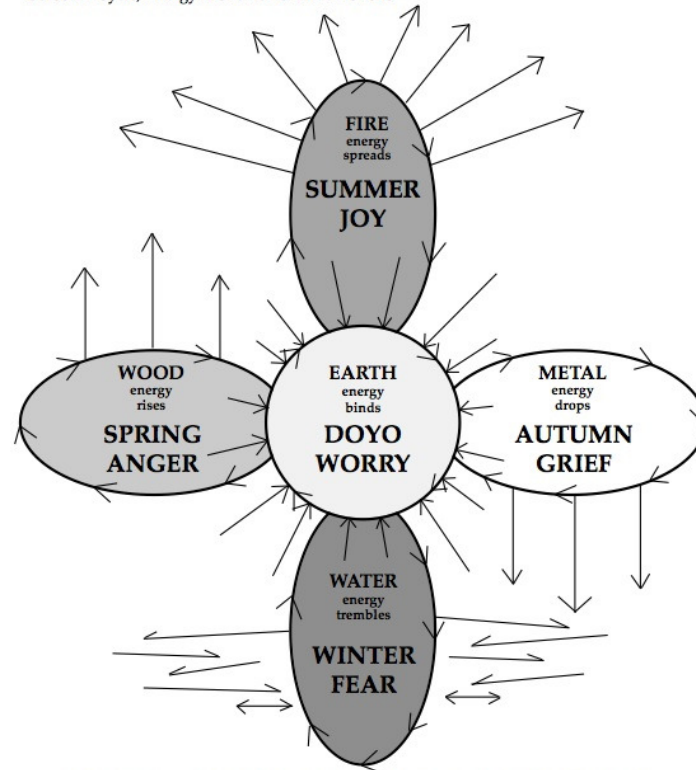
Control Cycle

Fire melts Metal
Metal cuts Wood
Wood holds on to Earth
Earth constrains Water
Water puts out Fire

Five Elements Seasonal Cycle

THE FIVE ELEMENTS

Seasonal Cycle, Energy Movements and Emotions



Earth's season, known as Doyo, is the season between seasons. Most commonly recognized during Indian Summer this seasonal aspect is said to be the ten days before and the ten days after each solstice and equinox. All seasons grow out from this time into their fullness, and then return there as they diminish.

Five Fundamental Substances

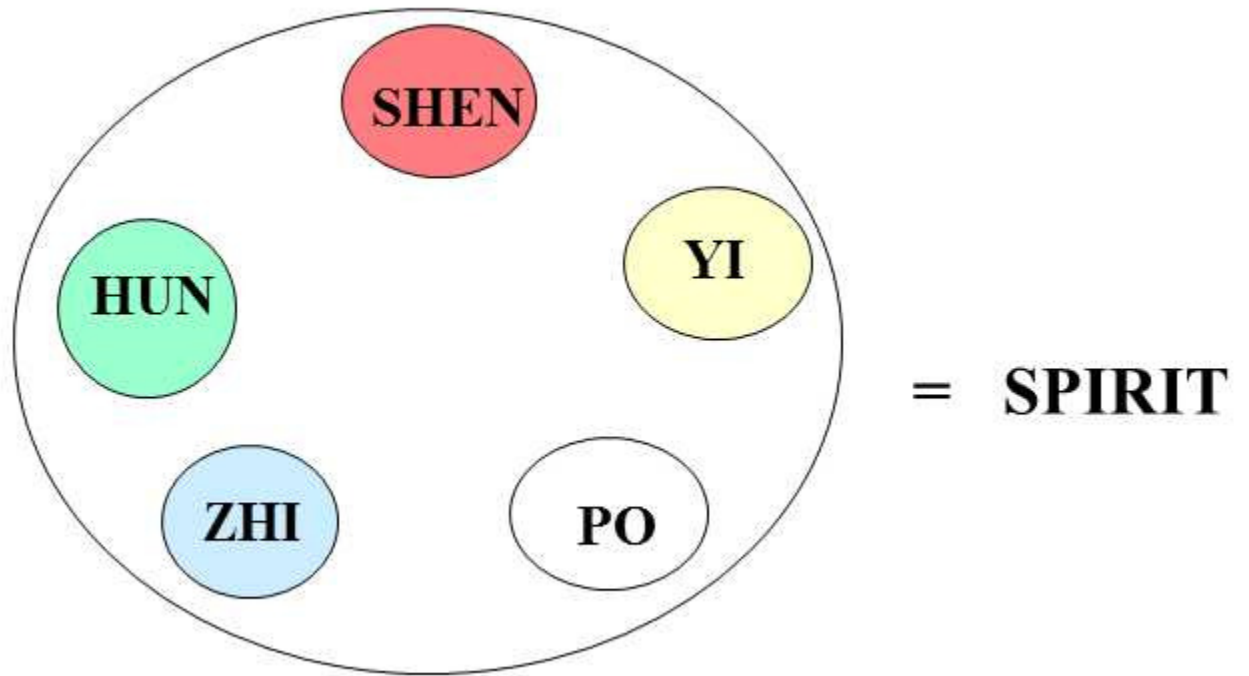
- Jing
- Blood
- Moisture
- Qi
- Shen

- <http://www.silveryhat.com/5-yin-organs-functions-in-chinese-medicine/>



Five Aspects of Spirit

- Xin –
The Wild Horse
- Yi –
The Bridle
- Po –
Corporeal Soul
- Zhi –
Will Forces
- Hun –
Ethereal Soul



Five Virtues / Emotions

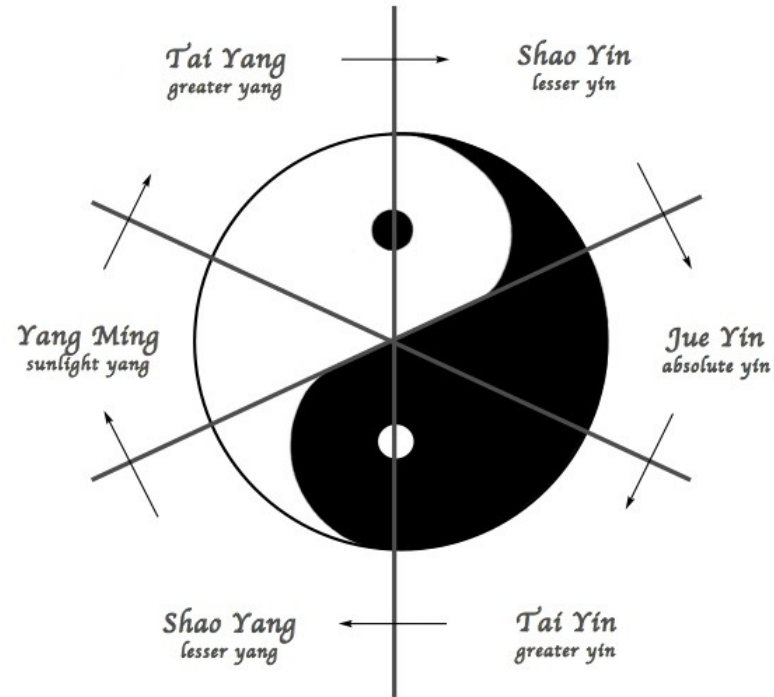
Habits of Excess and Deficient Expression

- Fire
Harmony / Joy / Attachment to Apathy
- Earth
Altruism / Worry / Selfishness to Selflessness
- Metal
Righteousness / Grief / Gain to Loss
- Water
Wisdom / Fear / Conservative to Reckless
- Wood
Benevolence / Anger / Belligerent to Timid

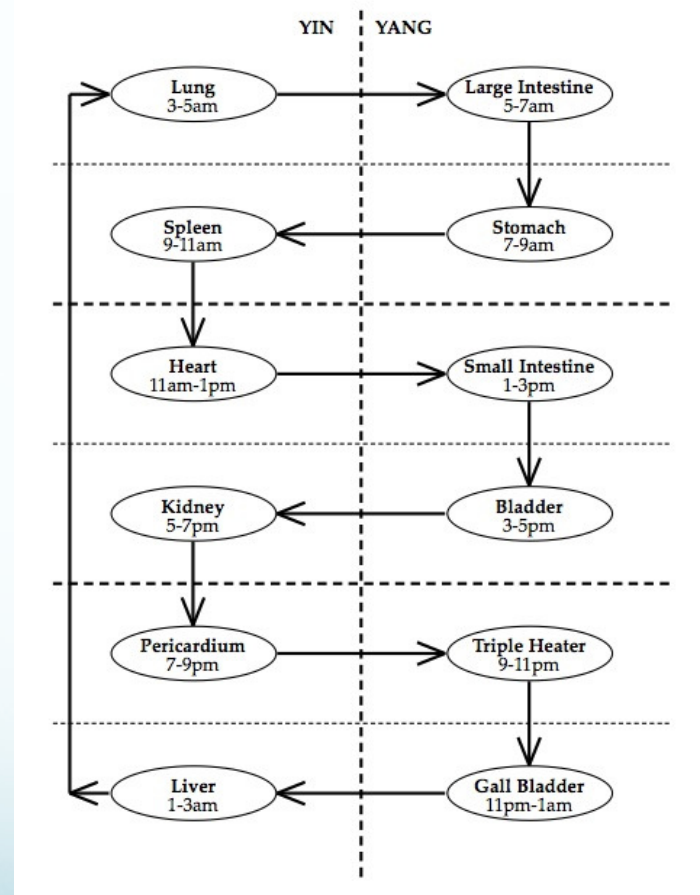
Tai Chi Chu as Flow Chart

The Six Divisions of Yin and Yang Applied to the Tai Chi Symbol

Here we can see that the famous symbol of Yin and Yang is actually a flow chart depicting the movement of yin and yang energy transformations over time.



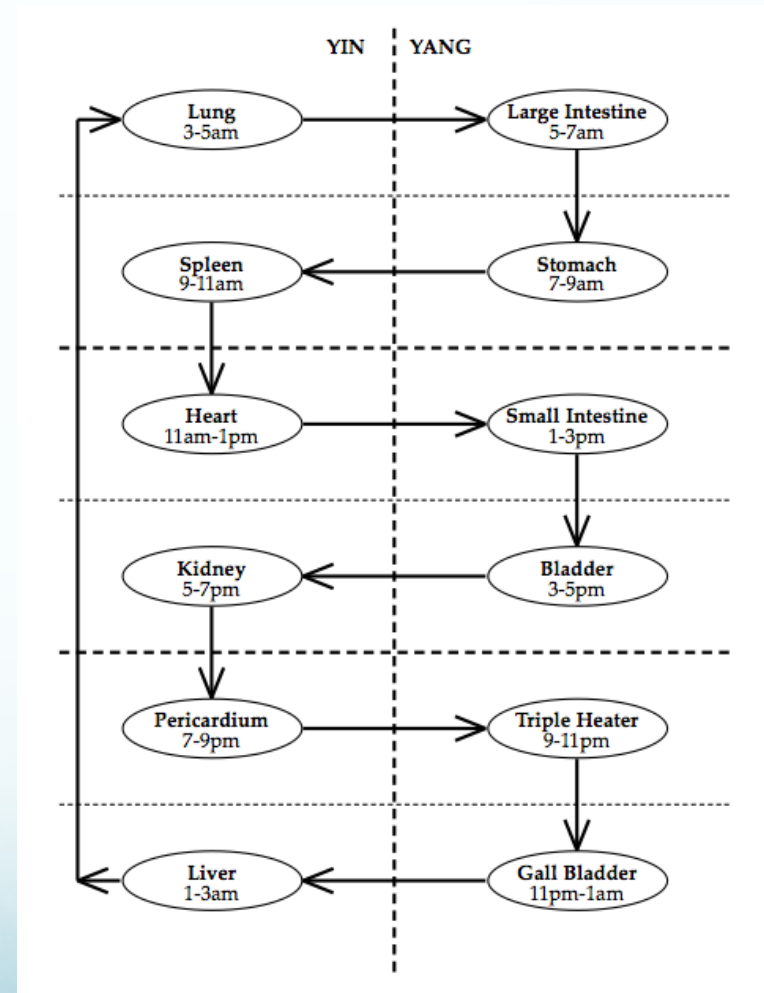
Daily Cycle Meridian Flow



12 Meridians

6 Yin 6 Yang

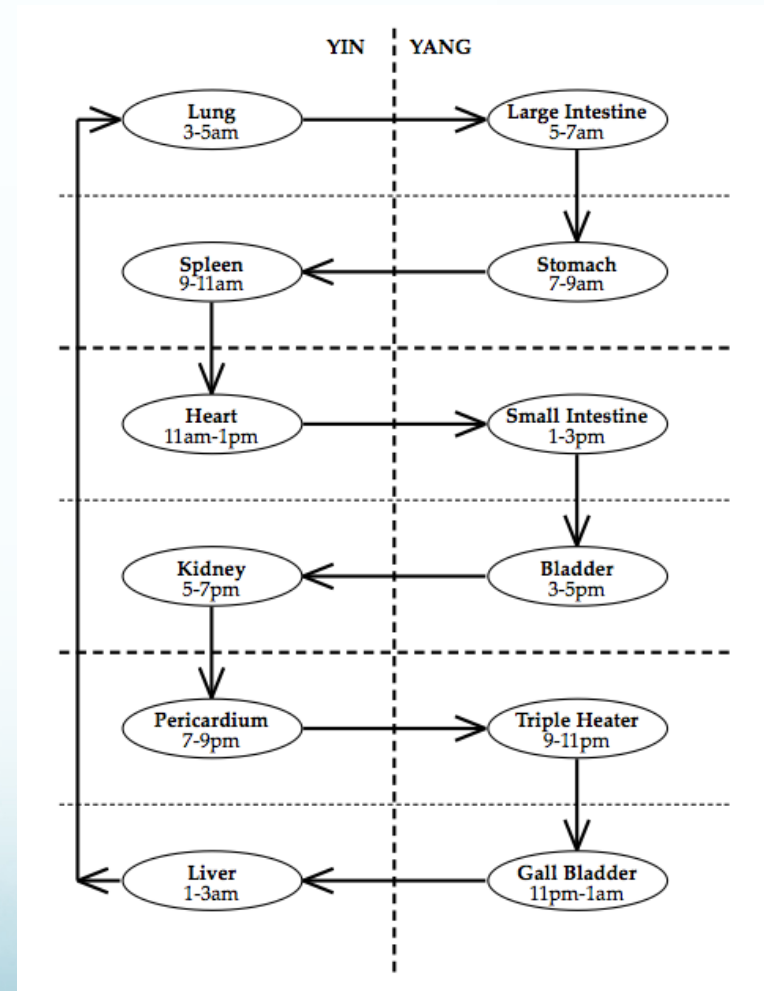
- Channels in left column all yin
- Channels in right column all yang.



12 Meridians

6 Elemental Pairs

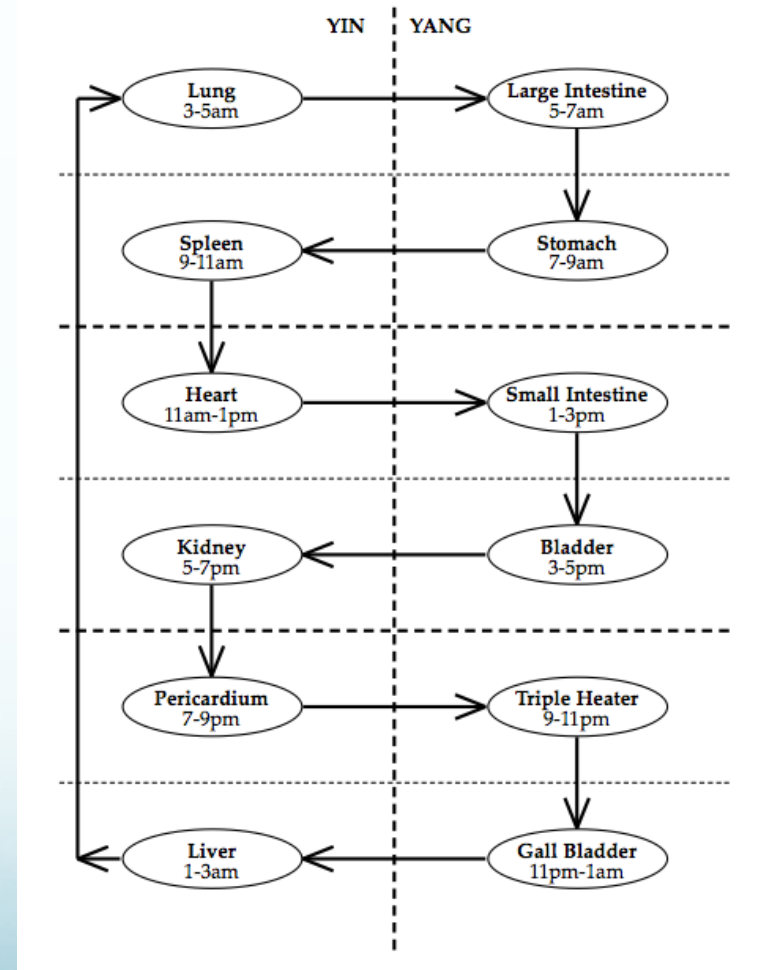
- Metal
Lung - Large Intestine
- Earth
Stomach - Spleen
- Absolute Fire
Heart - Small Intestine
- Water
Bladder - Kidney
- Supplemental Fire
Pericardium - Triple Heater
- Wood
Gall Bladder - Liver



12 Meridians

3 Yin Pairs, 3 Yang Pairs

- Tai Yin
Lung – Spleen
- Yang Ming
Large Intestine – Stomach
- Shao Yin
Heart – Kidney
- Tai Yang
Small Intestine – Bladder
- Shao Yang
Triple Heater – Gall Bladder
- Jue Yin
Pericardium - Liver



8 Principles

- Yin or Yang
- Cold or Hot
- Internal or External
- Deficient or Excess

Very traditional diagnostic tool – brings in Kyo (need) or Jitsu (action) assessment from Masunaga.