

Nov. 28, 2010 Winter and Kidney

Winter is finally here, at least in Michigan. Winter is the time of the Kidney and its Yang partner is the Urinary Bladder. The Kidney energy is the congenital energy, your constitution, that which comes from mom and dad. The Kidney is the fire and water or Yin and Yang of the body. Yang relates to the energy and warmth of the body and the Yin relates to the blood and fluids. When Yin and Yang are in relative balance then one experiences health. The Kidney energy is more especially stored in the lower abdomen between the navel and the spine. We call this the Lower Dan Tien. Dan means ball and Tien means field. So it is a ball or a field of energy. It is the body battery that feeds all of the acupuncture meridians.

This is where life began connected to mom at the navel. When the ovum was impregnated the first thing to happen was that it split in half. This formed the first two acupuncture channels or meridians. From the Lower Dan Tien the energy goes to the lowest point of the torso directly between the legs. The Yin half of the channel travels up the front mid line to the tip of the tongue and the Yang half enters the spine at the sacrum and travels up the spine over the head to the nose and the roof of the mouth. When you are doing any type of energy training eg. yoga, or Chi Gong it is wise to gently touch the tip of your tongue to the roof of your mouth so as to connect the two channels so that the energy will not get stuck in the head. When doing Qi Gong we focus all on the Lower Dan Tien to store and enhance Kidney energy. We pay so much attention to the Kidney because it is responsible for so many things. Following is a list of things that comes under the direction of the Kidney. Hair on the head, hearing, strength and health of bones and bone marrow, entire hormonal system, uro-genital system, and reproductive system. Since the brain is enclosed in bone we call it a sea of marrow. Therefore the Kidney energy is responsible of memory, concentration, cognitive powers etc.. The emotion of the Kidney is fear and fright so if you are hung up on past incidences in your life that you are still fearful of you need to get it handled because over time this will negatively impact the Kidney energy. Go to links and the EFT website. If after checking that website out you still have questions, please contact me. I am only as valuable as I can help.