

Qigong Tai Chi Twins

We will call them Yang Hee and Yin Shi. They are filled with energizing qi and life and joyful energy. They represent us at our strongest and healthiest as young children.

We are born with deep nourishing resources, our life force. This wonderful energy is called Jing and it comes from all of our ancestors, back in time up to the present, and gives deep strength to last a lifetime.

As children we have access to this Jing qi all the time as we grow. As we mature, our free access is somewhat closed and we must depend most on the qi that we create ourselves, called Ying qi, which is made primarily from the air we breathe, the water we drink, and the food we eat. The deep Jing is saved for healing, emergencies and special events. Within us, the Ying qi transforms into the qi of the five different elements/qualities, and we keep it circulating by taking good care of ourselves.

This is where our twins come in. Yin Shi, our girl, represents our kidneys, or Kidney Yin qi. She must keep a storehouse of energy and clean clear water available at all times. Within us, the water must flow continually and be constantly filtered and energized with electrolytes. The water qi is then stored in the kidneys as the water itself flows on.

Yang Hee, our boy, represents our adrenals, or Kidney Yang qi. The kidney hormone adrenaline is created by and stored in the adrenals, but not much of it is used in the winter because we protect ourselves by staying indoors, resting, safe in our warm houses. This yang qi also circulates in our blood, so it can be accessed when needed for everything from getting out of the way of a car to having fun at a party. And our twins love to party!

But they don't get to party all the time. Just like us they have a job to do. The image is that they coordinate and work together on a water wheel, which they run much like a stationary bicycle, one on each side of a huge wooden wheel which turns to pull water out from a sparkling clean stream and pour it onto the land, our bodies, to irrigate it and keep it always moist for everything to grow and heal when needed.

So the twins work together to store up and house a great deal of qi energy during the winter but they don't use it up. Some is saved to be used when spring comes and every plant and every human and every other animal use that water qi to fuel the regrowth of spring!

The twins have two friends who are very playful and live in the water. They are twins too! They are two big carp, one male and one female, who love to loop over the water wheel, around each other, and swim when the twins want to swim. They represent everything that lives in this circulating stream—life forms, hormones, blood, water and other fluids.

Yang Hee and Yin Shi are both really ourselves. In this tuning, we will do the moves that run the Water Wheel: Kidney Yang, the energy side going upwards that energizes, adding electrolytes and creating adrenaline, and Kidney Yin, the storing side going down that filters, cleanses, captures and retains the water. Working together, they create qi energy.

Furthermore, in the tuning we will do the kidney stroke self-massage on our backs, which is very like the Water Wheel itself in its action and its cleansing and energizing of the water.

We start in December, and we go to February. Early in February, the Wood energy of Spring, almost invisible at this point, starts deep below ground and will begin to utilize that beautiful stored water qi, enough so that we can work and heal and play and be healthy all year long.

To register for the tuning, return to the original email you received.

TANG DYNASTY INTERNAL BODY VIEW

