
QI AND YIN YANG

From the point view
of TCM

Zhuxiang



Oneness

(—)



TOPICS

- Qi
- Qi and Yin Yang
- Insomnia
- Breathing meditation

QI

- “通下一气尔” Qi is the energy or natural force which fills the universe.
- The Chinese believe in Three Powers (San Cai) of the universe: Heaven, Earth and Human.
- Prenatal and postnatal Qi.

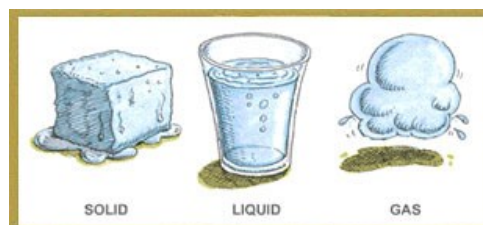
氣 炁
Qi

Qi \approx bioelectricity; our bodies are a living electromagnetic field.

3

QI AND YIN YANG

- Yin yang are one pair of the forms of Qi movement
- To simplify: Yang represents function; Yin are showed as substance
- Yin yang are relatively opposite
- For example: Qi is yang; blood is yin
- “Qi hua” in TCM
- Blood is the mother of Qi, Qi is the commander of blood



4

INSOMNIA

- What is Insomnia?

Insomnia is a **sleep disorder** in which you have trouble falling and/or staying asleep.

The condition can be short-term (**acute**) or can last a long time (**chronic**). It may also come and go.

Acute insomnia lasts from **1 night to a few weeks**. Insomnia is chronic when it happens **at least 3 nights a week for 3 months or more**.

- Symptoms of insomnia include:

Sleepiness during the day

Fatigue

Grumpiness

Problems with concentration or memory

-----from webMD

5

INSOMNIA TYPES



have trouble falling asleep

Sleep-onset insomnia



lie awake at night.

Sleep-maintenance insomnia



Dream a lot

Paradoxical insomnia



Still tired after waking up

Paradoxical insomnia

6

INSOMNIA

From the point view of TCM:

According to Huang-di's Internal Classics, the pathogenesis of insomnia is explained as follows: "if wei qi (defensive qi) cannot enter the yin aspect, it will reside in the yang aspect, resulting in excessive yang qi and exuberant yangqiaomai (yang heel vessel), and relatively deficient yin qi.

" yang failing to enter yin"

The treatment of insomnia with acupuncture lies in restoring the balance between yin and yang by leading yang into yin

An effective green therapy and worth clinical promotion

7



WHAT THE ACUPUNCTURE TREATMENT LOOKS LIKE

8

N0000!

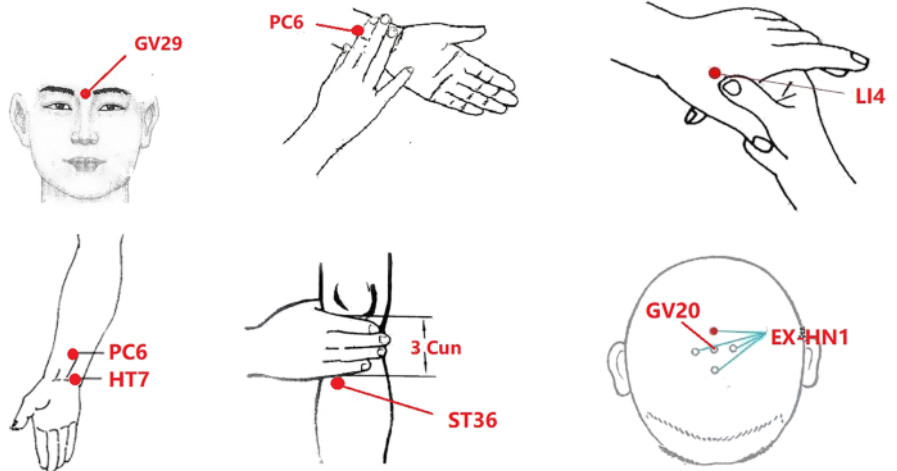
JUST KIDDING



9

TODAY

A NEW
EXPERIENCE



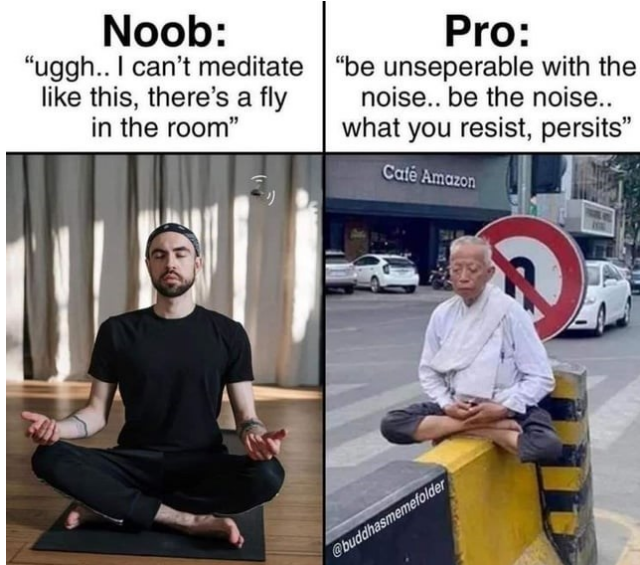
10

IF YOU DON'T LIKE BEING PRICKED BY NEEDLES



11

OOPS!....
MEDITATION
IS HARD TOO



12

EVERYBODY CAN ENJOY A BREATHING MEDITATION



13

SUMMARY

- TCM offers you a new lifestyle.
- I wish all of you find your own style of inner peace!
- Being happy is the key for health and longevity!

Slaap lekker!!!



14



THANK YOU

Zhuxiang

15

