

## ENERGY MAPS

### Polarity: Yin and Yang



#### Yin and Yang

The universe and our world (and everything in it, including you) is made up of polarities. Not in a dualistic sense of antagonism and absolute either or, but in a sense of the dance of the poles of life. Polarity is what makes life, makes the world go round and creates the play of attraction.

We live in a world of polarity. There's day & night, light and dark, fire and water. We need both. The whole planet is polarized with our north and south poles. Magnets and atomic particles have positive and negative forces that attract and repel. You inhale and exhale. You were created by a sperm and egg. Life is a dynamic harmonic dance of yin and yang.

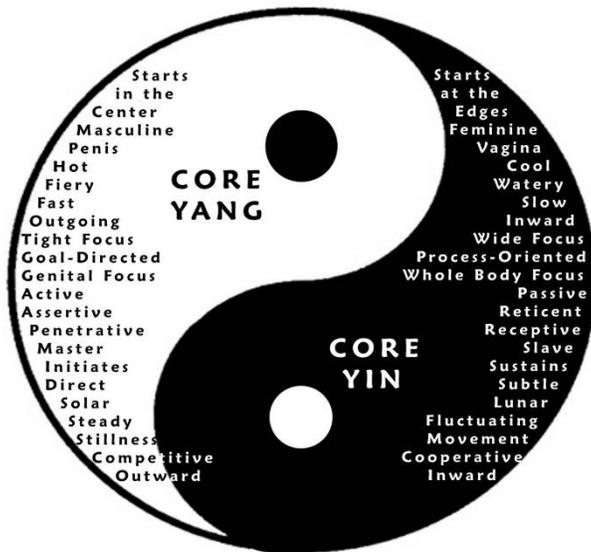


Yin and yang are a dance between the polarities. Each is associated with qualities, energies, aptitudes and tendencies. Yin is commonly associated with flow: feminine energy that is lunar, cool, and slow. Yang is associated with the energy of form. It's solar, hot and fast. We all contain both.

Within each is the seed of the other.

### Core and Complement

While a small number evenly balanced energetically, when it comes to sexual energy, most people have more of one energetic pole. That's your core energy.



#### Core Energy

Your core polarity is stronger, more central. Think of it as your default position. It's where you go more often, where you start from, it's your more natural preference.

#### Complementary Energy

The other polarity forms your complementary energy. It balances your core.

#### Healthy Balance of Core and Complement

When core yin is supported, held, protected and directed by complementary yang you get active conscious reception. When core yang is mitigated, leavened and balanced by complementary yin, you have appropriate attuned attentive giving.

## The Microcosmic Orbit

The Taoists have identified many energy pathways in the body. One of the main ones is the Microcosmic Orbit, so named because it's the 'microcosm of the macrocosm,' a body-sized version of the cosmic path from earth to sky and back again.



The Microcosmic Orbit begins at the navel, runs down the front of the body, across the perineum, up the spine, along the back of the head, across the top of your skull and down the front, through the tongue, down the throat and from there back to the navel.

## Inner Channel

In Tantra they call it the Inner Flute. The Taoists call it the Hollow Bamboo. In the yoga tradition, it's the Central Channel or Sushumna that runs up the spine and can open to the energy called kundalini. This is usually visualized as a coiled energy serpent that lives in the sacrum, at the base of the spine, and can be released to spiral upward.

All three traditions share the same basic notion, that there's a central conduit inside us, running top to bottom. Your throat, mouth and the crown of your head are at the top of your inner channel, while your genitals, anus and the outlet of your pelvis are at the bottom. When you open your inner tube, you allow more energy to flow.



## Energy Fields



Cultures throughout history have recognized that our energy is both in our body and extends beyond it. There are many maps of subtle energy, going by different names in traditional and contemporary culture.

The closest one, which extends three to six inches from your body, is the easiest one for most people to feel. It's usually called the etheric or astral body and is often experienced as an area of density or heat.

There is an egg-shaped energy sometimes seen as an aura or halo.



There are understandings that we are a conduit for a central channel, with additional channels running up and down on each side.

Another map is that in addition to the Sushumna or central channel, two energy channels that spiral from top to bottom, connecting and intertwining at each chakra.



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