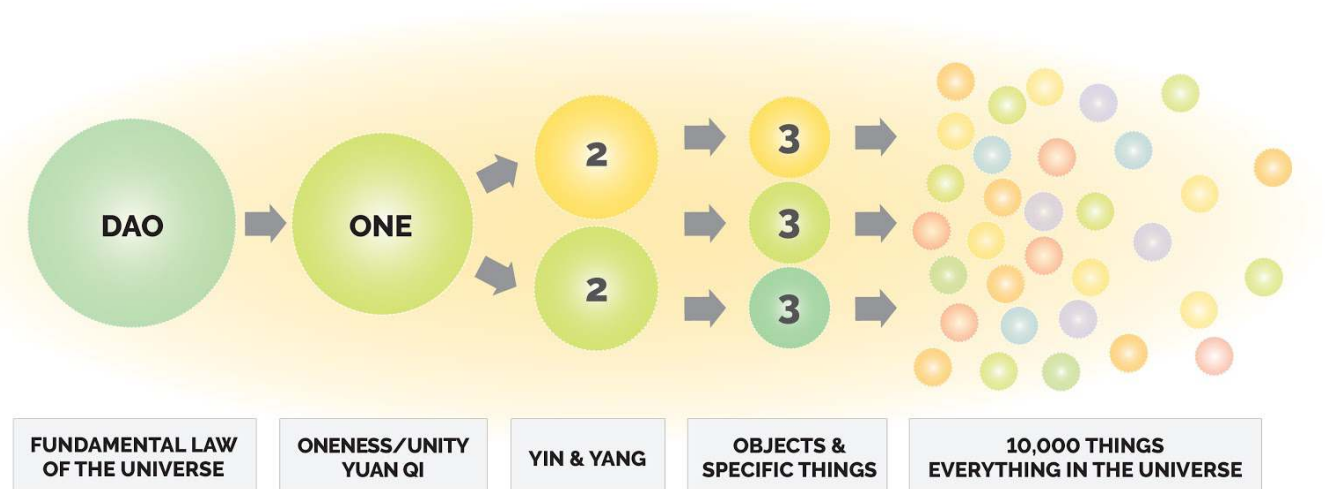


YUAN QI

Yuan means origin or beginning; Qi is an integrated form of energy, material and information. Yuan Qi refers broadly to the original substance that makes up everything in the universe, including life. The concept of Yuan Qi is one of the cornerstones upon which the ancient Chinese built their view and understanding of the universe and life.

In the Dao De Jing, Lao Tzu says, "From Dao comes One, from One comes Two, from Two comes Three, from Three comes Ten Thousand Things; Ten Thousand Things carry Yin and hold Yang, with Qi being harmonized".

This can be interpreted as: "Dao is the fundamental law of the universe. From Dao comes One, which is the state of Oneness or Unity. One can also be called Yuan Qi. From Yuan Qi comes Two - Yin and Yang. From Yin and Yang comes Three, which represents objects and things that are more specific. From Three comes the Ten Thousand Things, which symbolize everything in the universe".



YUAN QI – THE SOURCE OF LIFE

Yuan Qi is seen as the origin of life. Yuan Qi gathers and disperses, ascends and descends, opens and closes. It is through these actions that Yuan Qi generates everything in the universe, therefore it can be understood as the source of all life.

YUAN QI



THE GREAT DAO



YIN & YANG



HEAVEN & EARTH



PARENTS



MY LIFE

YUAN QI IN THE HUMAN BODY

In Traditional Chinese Medicine (TCM), Yuan Qi is stored in the kidneys and is the source of *original Yin* and *original Yang*. It is the foundation of life and the source of change and development. Although Yuan Qi is stored in the lower part of the torso, it affects the whole body. All organs in the body rely on Yuan Qi to function.



Storage of Yuan Qi in the center of the body (lower Dantian) enables equal distribution of Qi throughout the body

YUAN QI THEORY

Yuan Qi theory is important for understanding nature, life and the universe. It not only provides an explanation for the origin of everything in the universe and all-natural phenomena, it also explains the origin of human life and human physiology. Yuan Qi theory has also significantly contributed to the creation and development of many disciplines in traditional Chinese culture, especially TCM and Qigong.

WHAT TO CALL QI IN REN XUE

Throughout history humans have called Qi many different names. Having a proper name for Qi, which can be a complex topic to understand, is important. However, it is not as important as having a good understanding of it, as this can revolutionize our understanding of ourselves and the universe. For example, understanding the laws of Qi and the impact of Qi on life can significantly speed up progress in building a healthier individual life and also a more advanced society. Therefore, in most circumstances in REN XUE when we use the name Qi, we are referring to all forms of Qi.