



along a continuum between male and female, qi and blood, solid and hollow, excess and deficient, hot and cold, dry and wet, active and passive, hard and soft, pushing and pulling, external and internal, full and empty, substantial and insubstantial, fast and slow – yang and yin respectively. The goal is to keep the body in the middle of this yin/yang continuum to prevent lack of creative flow and health problems due to energetic imbalance or stuck qi.

A major Chinese medicine outcome derived through yin/yang balancing is maximization of creativity as part of a wellness paradigm. Chinese exercises such as tai chi and qigong uniquely shift and balance energy to forge a continuous ebb and flow of yin and yang energies throughout the body. For example, pulling one hand inward (yin) while pushing the opposite hand outward (yang) accomplishes this goal. Furthermore, these exercises promote the development of “yi”, also known as mind intent. This practice quiets the mind setting the stage for a creative yin idea to emerge followed by conscious intent to transform it into a yang reality.

Through consistent and focused tai chi and qigong practice, creative proliferation emerges quite naturally as a result of three main ingredients necessary to turn a yin idea into a yang manifestation. These include a bright “shen” (spirit) for clear intuitive ability for birthing an idea, free flowing and abundant qi to eliminate any obstacles to idea manifestation, and strong will for staying power throughout the entire process.

Full development of intuition within the “heart-mind” is at the root of innate creative expression. All Chinese medicine modalities accomplish this through balancing heart energetics to nourish the heart-mind and brighten the shen. For example, acupuncture accomplishes this via application of a needle to the point Heart 7 combined with other points to support this goal. Chinese herbal medicine achieves this through ingestion of the Chinese herb polygala along with other herbs in a formula traditionally used “to calm heart and pacify spirit”.

Increased creativity is also derived by strengthening kidney energetics. This comes from vibrant internal energy, release of fear, and increased will power within an individual due to the

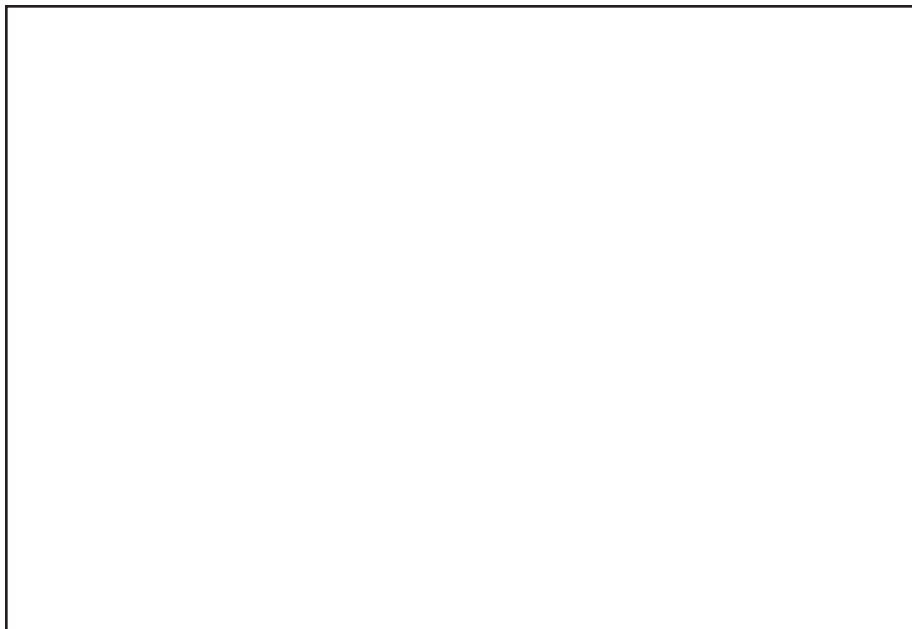
THE YIN AND YANG OF CREATIVITY

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The Yin Yang Theory provides a foundation for understanding the relationship of opposites in both nature as well as in the body. A key component of this law is that the forces of yin and yang complement each other. Furthermore, they simultaneously contain an element of their opposite, meaning there is always a little bit of yin within yang and a little bit of yang

within yin. Another integral factor is that an excess of yin becomes yang and vice versa. Chinese medicine balances the forces of yin and yang to keep these energies flowing and thus bring the body into a state of healthful homeostasis – for which creativity is an integral aspect.

According to Yin Yang Theory, the contrasting and complementary qualities of these polar opposites flow



balancing of kidney energy. Acupuncture treatment on the point Kidney 3 is helpful in this regard because it balances both the yin and yang of the kidney. This is also achieved through ingestion of the Chinese herb cuscuta (tu si zi) along with other herbs in a formula traditionally used to replenish the kidney and essence of life.

The liver is responsible for free flowing qi within the body which equates to free flowing creative ideas. As a wood element, the liver governs growth on both conscious and subconscious levels – nourishing the essence of creativity with the inherent impulse to make something new. In fact, when a creative urge is suppressed it signifies stagnation of liver qi.

Creativity goals are thus primarily gained through balanced liver energetics to release both anger and blockages in order to subsequently open up free flow of qi. This provides just the right amount of energetic sustainability to transform a yin idea into a yang reality. In this case, acupuncture point Liver 3 would be stimulated through needle insertion to pacify the liver and open the channels. The Chinese herb peony (bai shao) could also be taken along with other herbs in a formula traditionally used to soothe liver qi to balance its vital function.

Through integration of the mind and body, Chinese medicine brings renewed levels of insight, intuition and creativity. Consistent achievement of enhanced will power, vital energy and clarity of spirit provides a recipient with the ability to improve the quality of their daily existence. This includes a gentle quieting of the mind which promotes an inner connection and access to one's innate creative flow. It also develops a greater sense of inner knowledge, centeredness, and "happy qi" derived through the joyful manifestation of personal development, inspiration, and expression of one's whole being – clearly the germination of creative brilliance!

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