



## VESI ÜLES – TULI ALLA

Selline printsiip tundub olevat vastupidine looduses toimuvale, kus vesi voolab allapoole ja tuli tõuseb üles. Sellegipoolest on “vesi üles – tuli alla” põhimõtte inimese sisemisest alkeemiast tulenev. Energiaharjutuste praktiseerija võib tunnetada, kuidas neerudes tekkinud vee energia liigub üles aju poole Taga-keskmeridiaani kaudu ja südames loodud tule energia liigub alla alakõhu poole mööda Ees-keskmeridiaani energiakanalit.

Kui keha on “vesi üles- tuli alla” seisundis, tunneb inimene, et tal on selge ja värske pea, soe kõht, suus magus sülg ning tema soolestik toimib korralikult. Ennast tuntakse sel juhul rahuliku, kindlameelse ja enesekindlana ning loominguline tegevus sujub hästi.

Vastupidisel juhtumil suundub tule energia üles aju poole. Tulemuseks on siis peavalud, külmad jäsemed, ilmneb kõikvõimalikke kehalisi ja vaimseid probleeme. Selline soovimatu olukord tekib sageli inimeste puhul, kes kasutavad liigselt oma aju ning kes on tasakaalust väljas.

## WATER UP - FIRE DOWN

The principle seems to be the opposite of the law of nature because in nature water flows down from the higher to the lower and fire flies up. However, the “**water goes up, fire goes down**” principle derives from the subtle inner alchemy of the human body. For instance, through the energy exercise the exerciser can observe that water energy being generated in the kidneys flows up into the brain through **Governor**

**meridian channel** and fire energy being originated in the heart streams down to the lower abdomen through **Conception meridian channel**.

When the body is in the state of water up - fire down, one experiences a clear and fresh brain, a sweet saliva in the mouth, a warm abdomen and perfect functioning of the intestines. One then feels peaceful, comfortable and confident and creative ideas come easily.

If someone is in the opposite state of water-fire, the fire energy goes up into the brain. When this happens, it causes headaches and cold feet and hands, various physical and mental problems occur. This undesirable phenomenon often happens to those who use their brains too much and who are out of balance.