# Title: Conversations
## Subtitle: micro cosmic orbit
### Second Subtitle: Re: functional and governor channels

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Let's look a little closer at the functinal channel for a moment. Once the orbit the energy can travel from the Hui Yin point which is found midway testes in men or the same valley for women.

It was always frustrating for me that most of the traditional text were wri development of men. As a women, know the correct information is availab There are differences between yin (female) and yang (male) and the flow from time to time touch upon, although not really elaborate upon. Remem flow of the energy comes into play. Not to worry...the body is highly func what to do once the process is underway naturally in the early phases.

From the Hui Yin point, or the bottom of the trunk of the body, the energ body through and past the chakras and meridian points, including to nam plexus and then onto the heart center. This energy continues through the connection point again. Giving you just enough information to wet your a Here is where the connection is made to the governor channel. As if cas waterfall it flows into these areas back to the starting point of Hui Yin. words, truley.

The control channel or as I have referred to it more commonly, the gover Hui Yin, between the legs at the base of the trunk. Proper body posture channels fully. Pay attention to the smallest details. Nothing lacks in its insignificant its mention. From the Hui Yin the energy moves up to the po plain language the back side, along the spine and through each meridian am leaving out details, so study...it eventually reaches the crown of the downward between the eyebrows over the tip of the nose, which most pra focusing upon all along.

This feels rather tingly at first. It made me laugh and broke my focus for get it right, yet I went on to teach years later. Shows what tenacity does an open heart and develop humbleness. Practice. Practice. Practice.

There are signs to alert the practitioner as to whether they are practicin interpreted by a trained teacher. I do not beleive a book is a teacher and hear these words from my mouth. Everyone deserves the guidance of ano their path for a multitude or reasons. I will add here it is a goal of both to keep their energies balanced between the yin and yang, to walk the mi to be either to yin, nor too yang. Nor lacking in either yin or yang.

Next discussion, we will discuss which organs are yin and which are yang

insight as to why it is important to keep balance and harmony both within

As always any corrections, comments, or questions are appreciated.

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