

**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 functional 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 written from the perspective of men. As a woman, know the correct information is available. There are differences between yin (female) and yang (male) and the flow from time to time touch upon, although not really elaborate upon. Remember the flow of the energy comes into play. Not to worry...the body is highly functional. 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 energy flows through and past the chakras and meridian points, including to the solar plexus and then onto the heart center. This energy continues through the governor channel connection point again. Giving you just enough information to wet your appetite. Here is where the connection is made to the governor channel. As if cascading waterfall it flows into these areas back to the starting point of Hui Yin. A lot of words, truly.

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

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

There are signs to alert the practitioner as to whether they are practicing correctly as interpreted by a trained teacher. I do not believe a book is a teacher and I have heard these words from my mouth. Everyone deserves the guidance of another person on their path for a multitude of reasons. I will add here it is a goal of both yin and yang to keep their energies balanced between the yin and yang, to walk the middle path, not to be either too 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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