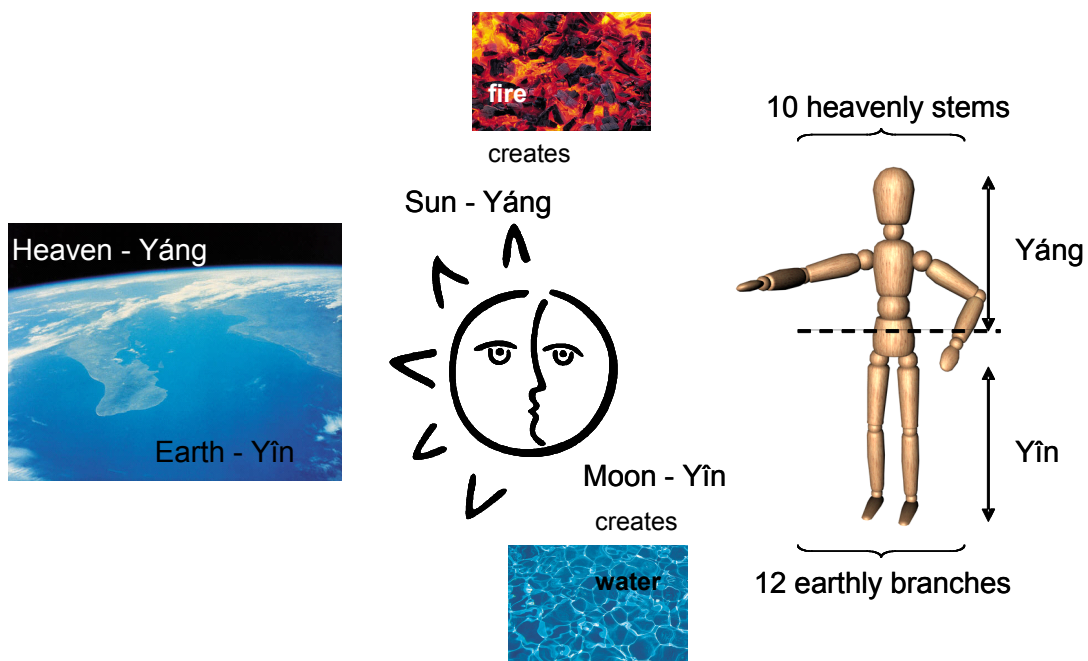


Summary of Chapter 41 of the Líng Shū

Yīn Yáng Xì Rì Yuè – The Yin and Yang of Human Body Relate to Sun and Moon

Paragraph 1

Yīn and Yáng and the human body.



Paragraph 2

What are the conditions when the twelve months and the ten days coordinate with the channels? Lunar Month is Earthly Branches.

Lunar Month	Dominates	Remark
1 Yín	Left zú shào yáng jīng	Yáng qì generates. Yáng appears first left, then right.
2 Mǎo	Left zú tài yáng jīng	
3 Chén	Left zú yángmíng jīng	Bright in both Yáng.
4 Sì	Right zú yángmíng jīng	Bright in both Yáng.
5 Wǔ	Right zú tài yáng jīng	
6 Wèi	Right zú shào yáng jīng	
7 Shēn	Right zú shǎo yīn jīng	Yīn qì generates. First right, then left.
8 Yǒu	Right zú tài yīn jīng	
9 Xū	Right zú jué yīn jīng	Terminals of yīn.
10 Hàì	Left zú jué yīn jīng	Terminals of yīn.

11 Zǐ	Left zú tài yīn jīng	
12 Chǒu	Left zú shǎo yīn jīng	

Please see the Note on Earthly Branches and Heavenly Stems below for more information.

Paragraph 3

The heavenly stems days are in charge of or dominate:

Day	In charge of / Dominates	Remarks
Jiǎ	Left shǒu shào yáng jīng	
Jī	Right shǒu shào yáng jīng	
Yī	Left shǒu tài yáng jīng	
Wù	Right shǒu tài yáng jīng	
Bǐng	Left shǒu yángmíng jīng	bright in both fires,
Dīng	Right shǒu yángmíng jīng	hence yángmíng.
Gēng	Right shǒu shǎo yīn jīng	
Guǐ	Left shǒu shǎo yīn jīng	
Xīn	Right shǒu tài yīn jīng	
Rén	Left shǒu tài yīn jīng	

Please see the Note on Earthly Branches and Heavenly Stems below for more information.

Paragraph 4

Yáng channels in both feet = Shào Yáng in Yīn.

Yīn channels in both feet = Tài Yīn in Yīn.

Yáng channels in both hands = Tài Yáng in Yáng.

Yīn channels in both hands = Shǎo Yīn in Yáng.

Paragraph 5

In the five Zàng:

Xīn = Tài Yáng in Yáng.

Fèi = Shǎo Yīn in Yáng.

Gān = Shào Yáng in Yīn.

Pí = extreme/most Yīn (至阴 zhì yīn) in Yīn.

Shèn = Tài Yīn in Yīn.

Paragraph 6

"How to treat it?"

Note: The translation of the authors indicate a movement from left to right in the first, second, and third lunar month. The Chinese text does not reveal this however (正月，二月，三月，人气在左，无刺左足之阳 - zhèng yuè, èr yuè, sān yuè rén qì zài zuǒ, wú cì zuǒ zhī yáng).

The Chinese text says literally: main month, second month, third month, human energy in left, not prick left foot its yang.

The authors also write "Yang energy..." in the first line and then in the fifth line "Yin energy ...". The Chinese text does not reveal this. The Chinese text only uses "human energy" (rén qì). It is possible that the authors here try to give us some extra information. After all, the right side of the body is considered Yīn, and the left side of the body is considered Yáng.

Lunar Month	Human energy is	Do not prick
1, 2, 3	Left	Three Yáng channels of the left foot
4, 5, 6	Right	Three Yáng channels of the right foot
7, 8, 9	Right	Three Yīn channels of the right foot
10, 11, 12	Left	Three Yīn channels of the left foot

Paragraph 7

Huáng Dì wonders about what he knows and what was told by Qí Bó in paragraph 3.

The heavenly stems Jiǎ and Yǐ woods of east:

- dominate spring season of which the colour is green,
- dominates Gān which is zú jué yīn jīng.

In paragraph 3 Qí Bó explained to Huáng Dì that Jiǎ dominates the left shǒu shào yáng jīng. According to Huáng Dì this is against the rule of the wǔ xíng coordinating the decimal cycle.

Qí Bó explains that paragraph 3 is according the law of the variation of heaven, earth, Yīn and Yáng. It is not arranged according the sequence of the sì shí (four seasons) and the wǔ xíng (five phases).

In other words "loosen up, everything is not as rigid as it seems to be."

Please see the Note on Earthly Branches and Heavenly Stems below for more information.

Note on Earthly Branches and Heavenly Stems

Twelve Earthly Branches in relation to Element, Season and Western Month.

Xià Months	Element	Season	Western Months
Yín 寅	Yáng Wood	Spring	4, 5 Feb – 4, 5 Mar
Mǎo 卯	Yīn Wood	Spring	5, 6 Mar – 3, 4 Apr
Chén 辰	Yáng Earth	Spring	4, 5 Apr – 4, 5 May
Sì 巳	Yīn Fire	Summer	5, 6 May – 4, 5 June
Wǔ 午	Yáng Fire	Summer	5, 6 June – 6, 7 July
Wèi 未	Yīn Earth	Summer	7, 8 July – 6, 7 Aug
Shēn 申	Yáng Metal	Autumn	7, 8 Aug – 6, 7 Sep
Yōu 酉	Yīn Metal	Autumn	7, 8 Sep – 7, 8 Oct

Xū 戌	Yáng Earth	Autumn	8, 9 Oct – 6, 7 Nov
Hài 亥	Yīn Water	Winter	7, 8 Nov – 6, 7 Dec
Zǐ 子	Yáng Water	Winter	7, 8 Dec – 4, 5 Jan
Chǒu 丑	Yīn Earth	Winter	5, 6 Jan – 3, 4 Feb

Twelve Earthly Branches in relation to Element, Animal and Western Time.

The table shows the 12-hour system of a day in the Xià calendar as represented by the Earthly Branches:

Xià Hours	Element	Animal Sign	Western Time
Zǐ 子	Yáng Water	Rat	23:00 – 01:00
Chǒu 丑	Yīn Earth	Ox	01:00 – 03:00
Yīn 寅	Yáng Wood	Tiger	03:00 – 05:00
Mǎo 卯	Yīn Wood	Rabbit	05:00 – 07:00
Chén 辰	Yáng Earth	Dragon	07:00 – 09:00
Sì 巳	Yīn Fire	Snake	09:00 – 11:00
Wǔ 午	Yáng Fire	Horse	11:00 – 13:00
Wèi 未	Yīn Earth	Goat	13:00 – 15:00
Shēn 申	Yáng Metal	Monkey	15:00 – 17:00
Yǒu 酉	Yīn Metal	Rooster	17:00 – 19:00
Xū 戌	Yáng Earth	Dog	19:00 – 21:00
Hài 亥	Yīn Water	Pig	21:00 – 23:00

Heavenly Stem	Element
Jiǎ 甲	Yáng Wood
Yī 乙	Yīn Wood
Bǐng 丙	Yáng Fire
Dīng 丁	Yīn Fire
Wù 戊	Yáng Earth
Jǐ 己	Yīn Earth
Gēng 庚	Yáng Metal
Xīn 辛	Yīn Metal
Rén 壬	Yáng Water
Guī 癸	Yīn Water

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