

Philosophies Behind Yin Yang Reflexology

The 5-Elements theory is an important component of Yin Yang Reflexology. Often in Western society, the 5-Elements theory is a concept that is not easily grasped because of its intricate details. Like many things in Chinese culture, it takes a philosophical approach towards life. However, before learning about the 5-Elements, it is important to have a good understanding of what yin and yang actually is.

Yin and Yang

Many people understand yin and yang to be polar opposites; like heaven and earth, male and female, day and night. However, many scholars fail to discuss the 'gray' areas of yin and yang, or the 'in-between' nature of them. For instance, if we delve into it further, we can see that there is another area that exists, between yin and yang. For example;

Heaven & Earth: What lies in between humanity and life, sorrow and joy.

Day & Night: Not only is there dawn and dusk, but also the time and day that passes in between.

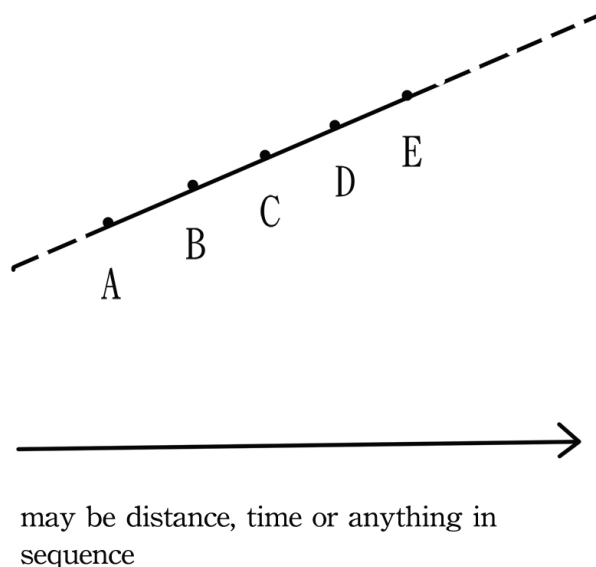
Male & Female: The interactions among the two genders; the relationships, children, and family.

Dark & Light: Between the two, there also lies a shadow, of which can only exist when light is blocked.

Far & Near: The distance in between far and near, or here and there.

If we look at yin and yang based on the ideas above, we see that its philosophy describes a dynamic never-ending story and event. Yin and yang exists within the universe; simultaneously, independently, relatively, and continuously. So where there is a yin, there must be a yang.

To help you further understand this, examine the following diagram.



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1. If A is Yin, then B, C, D, and E may be Yang
2. If B is Yin, then C, D, and E may be Yang
3. If C is Yin, then D and E may be Yang
4. If D is Yin, then E will be Yang

You see, yin and yang exist relatively. Anything that is yin may change to yang in accordance to its location (according to the above diagram). Here is another way of looking at the same example:

A (Yin) B(Yang)
 B(Yin) C(Yang)
 C(Yin) D(Yang)etc.

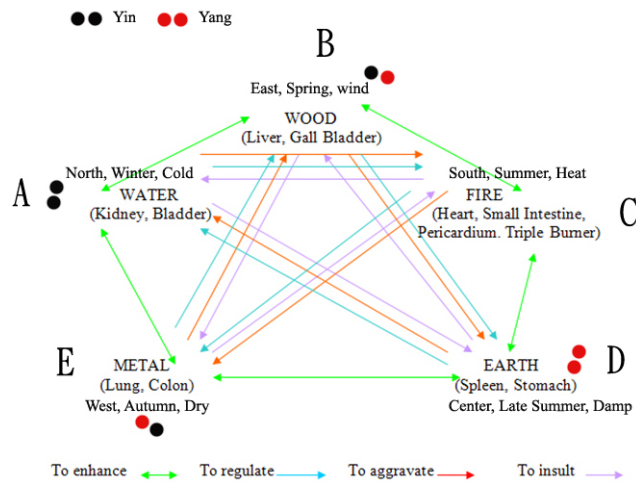
It may be further complicated if A, B, C, D, and E, exist in a circle or in 3-dimensions, instead of just left to right and up and down (like in our example above). All of these concepts are just scratching the surface of what the 5-Elements theory is about.

The 5-Elements Theory

Upon doing an Internet search, of the 5-Elements theory, you will find a lot of generic information. We will touch on some of that information in this article. If you are interested in a more detailed study to understand the theory, its origin, and application, we invite you to join one of our advanced reflexology courses.

As with yin and yang, many people misunderstand what the 5-Elements signify. Most believe that they make up 5 different elements that exist in the world, very much like the periodic table of elements in chemistry. This understanding is far from the truth.

The 5-Elements should only be considered as 5 different qualities of one type of energy. Each quality differs from its interaction with yin and yang. Yin and yang continues to interact with the elements, in a manner much like the diagram discussed above, except that its interaction completes in a circular, never-ending, cycle. The relationship among the elements is such that yin and yang exists within them simultaneously and continuously. Each element has its own unique quality, as they constantly exist together and affect each other in an enhancing or controlling pattern.



Using the diagram above, the following examples illustrate how the 5-elements work in our day-to-day lives and in our practice.

1. Today is January 4th. The weather in Winnipeg is cold, but mild for the season (winter is related to the Water element). Today, the south wind (Fire element) is breezy, and snow is beginning to thaw like it is spring (Wood element).
2. Mr. Jones complains about his hip and sciatica pain. This pain falls on the gall bladder meridian (Wood element). Further investigation reveals that he had just had a bad cold (the lung was affected, relating to the Metal element). So, the source of the pain was actually related to the cold itself. The excess of Metal energy forced itself on the Wood energy, causing more pain in Mr. Jones' sciatica and hip. As a reflexologist, we simply relieved his pain by using Yin Yang reflexology to transfer this excess lung and colon energy (both related to the Metal energy) to the gall bladder (Wood energy).

Whether or not you realize it, regardless of the healing therapies you use in practice, the 5-element theory has always been at work. It is just up to us, as healing practitioners, to understand how it applies to the pain our clients' feel, and to know how to re-balance the body's energy.