

Hello all,

I'd planned to write about the mesenteric circulation in this issue but I conclude that I must finish my train of thought regarding *Yin Deficiency*, as it is a complex matter that requires a wholistic understanding and approach.

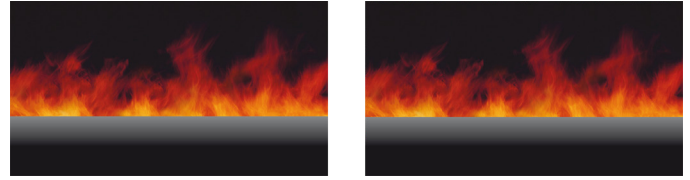


Figure 1: Yin Burning

In the last issue, I offered that breathing well is vitally important - for a number of reasons. These include: 1) a function of the diaphragm is to facilitate the digestive process, *the goal* of which is acquisition of Earth essence from the diet that we consume, 2) breathing is vitally important to the transportation of Water, the basis of blood, blood carrying the Earth essence we derive via digestion, throughout the body. Coherent Breathing produces a wave that washes the capillary circulation of the body, just as waves in the ocean wash the shoreline, hydrating and nourishing delicate wetlands. I assert that this wave action is vitally important to health, well-being, and longevity - of the bones, the brain, the organs, the skin. *Here we are talking about the fundamental workings of the body.* But there are other important things we can do.

At some risk of being pedantic, they are:

- 1) ***Sleep, rest, horizontal body position:*** Heaven is to vertical inclination as Earth is to horizontal body position. Being erect promotes Yang, horizontal body position promotes Yin. This is obvious. [I am very big on Coherent Breathing in a horizontal body position.]
- 2) ***Elicitation of deep relaxation:*** Relaxation of The Six Bridges is a fundamental aspect of the Coherent Breathing method. Here Benson's Relaxation Revolution is "must read".
- 3) ***Thorough mastication of the food we eat:*** Chewing our food well has alot to do with the essence we obtain from it. This is a long standing yogic principle.
- 4) ***Supplementing the diet with highly Yin foods:*** Black foods, colloidal minerals. That black foods possess Yin essence sounds spooky but its not. China's ancients figure this out thousands of years ago. Here we're talking about black sesame, black beans, black rice, etc.
- 5) ***Supplementation with digestive enzymes*** to assist in obtaining nutrients from the foods we do eat.
- 6) ***Keeping the body hydrated*** (with beverages that are not diuretic in effect).
- 7) ***Avoiding cold beverages and foods:*** These stimulate the body to increase fire and add "insulation".

8) **Grounding:** Science is learning that maintaining electrical connectedness with Earth is critical to the biological workings of the body. It has been known for a long time that astronauts lose bone mass (the Yin structure of the body) rapidly while in space. This was thought to be a consequence of weightlessness resulting from Earth’s lessened gravitational field.

More recently, scientists are beginning to understand that bone loss in space is a consequence of the absence of Earth’s electrical field as opposed to its gravitational field - the absence of connectedness to “mother Yin”, to “ground”.

Clinton Ober’s [Earthing](#) is a popular work on the health benefits of biological grounding. He presents compelling evidence that regular connectedness to Earth reduces inflammation.

In my own work on biological grounding, I find that the body “desires” current flow with Earth and will adjust its own impedance to facilitate it. I hypothesize that the importance of connectedness with Earth is more than “electrical” alone, i.e. that there is intelligent communication that occurs between our body and Earth. It is an avenue of investigation that I hope to further.

[While I agree with most of Ober’s findings, I was surprised by and strongly disagree with the method promoted in *Earthing*, this being connecting oneself via a conductive material to the *electrical AC ground of the home or office*. This is tantamount to connecting your body to the electrical network of your city or locale. I find that spurious noise on the AC ground is many times higher than the signal strength of subtle biological signals generated by the body. When one connects their body to the AC network, it couples this noise into the body, which is really just the opposite of what we desire, i.e., reducing noise.] Alternatively, if one wants to employ grounding, I propose that driving a dedicated “bioground” rod for the home or office is necessary. The bioground rod should be a distance away from the rod at the electrical entrance.

Yin is by definition subtle and still. Its hard for us to clearly discern its “action”. When we don’t feel sensation, we can’t easily discern cause and effect. And for this reason, unless we expand the scope of what we’re sensitive to, to include softness, stillness, and a certain “heaviness”, its hard for us to tell what is happening with Yin. The way we find out is through symptoms of its absense, “Yang excess”, including mental agitation and physical pain and discomfort, a foremost symptom being “inflammation”.

Thank you for your interest and consideration,

Stephen Elliott, President, COHERENCE

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