

明

Míng: Bright, Clear, Enlightenment

日 Ri - Sun & 月 Yue - Moon

The Great Lights in Tian (Sky/Heaven)

The Great Lights of the Sun and Moon guide our days and nights, our months and years. At the Shamanic level of culture, watching and attending to the lights above sets our day-to-day and ritual calendars. Weather, Tides, Hunting & Gathering, Agriculture, Reproduction, and All the Seasons of Life are powerfully influenced, and can be known or even “forecast” via the attending to the Lights. Comprehending the Lights is truly a state of Enlightenment. In an expanded view “the Lights” include the Great Lights of the Sun and Moon, along with the “lesser” lights of the planets and stars.

Today Astronomy guides our understanding of the Universe in a scientific sense, while Astrology guides many in their adaptations to the ever-changing Worlds (mental, emotional, spiritual, alongside the physical) that we live in.

An Application: The Acu-Point *Ri Yue* (Gall Bladder 24) is named by the two characters, 日 Sun & 月 Moon. It is located in the 7th intercostal space along the mid-clavicular line. On the right side of the body, this is directly over the Liver (the Liver & Gall Bladder organs form a Yin/Yang partnership within Traditional Chinese Medicine). The Liver oversees the eyes and vision in TCM and is the place where the body processes Beta-Carotene into the precursors of the visual pigments of the eye, the “alchemy” Western Science recognizes as allowing us to perceive light and color. Thus in TCM theory and practice, 明 Ri Yue - GB 24 can be used to regulate the balance between inner and outer light, helping us live more brightly!

*Guidance via the Inner & Outer Lights
is Essential to Living Life Well.*