

## 🌀 A Note to the Reader: Entering a Living System

You're not just reading a book. You're stepping into a pattern — one that moves, breathes, and reflects.

The Lo Shu Grid and Fractal Geometry you'll encounter here is ancient, yes — but this is not a historical commentary. It is a living architecture, reanimated through decades of contemplation, movement, medicine, and myth.

You're entering a system I've built — one that has not existed in this form until now.

This is not a “new age” overlay, nor a traditional Feng Shui manual. It is a multidimensional framework where:

- The Lo Shu grid becomes a living map of body, soul, and symbol
- Fascia and cosmology speak to one another
- Chinese medicine and quantum field theory shake hands
- Movement, breath, sound, and story form a harmonic code

And most of all: where ontology — the study of being — becomes practical, poetic, and personal.

### So what is ontology?

Ontology asks: *What is real? What is the structure of existence?*

Here, we ask: *What moves? What matters? What emerges from the pattern when you place yourself inside it?*

The Lo Shu Grid becomes a kind of mirror — not just of who you are, but *how you are patterned*. Through its geometry, we can see the looping logic of our habits, the architecture of the soul, the inherited instructions of the body. You'll see this grid applied not just to personality — but to trauma, tensegrity, music, tarot, meridians, and even planetary time.

You don't need to “believe” anything. Just enter the pattern, and let it reflect back what you already carry.

You may notice a shift:

From reading → to recognizing.

From analyzing → to attuning.

From decoding symbols → to *being inside* the system they reveal.

Welcome.

Take your time.

What you're holding is not a model.

It's a map of emergence — and it will meet you wherever you are.

Katie

## About the Author:

Katherine Zitterbart is a writer, somatic guide, pattern theorist, and lifelong student of the Dao. With over 40 years of interdisciplinary study spanning Chinese medicine, fascia science, cosmology, trauma theory, and symbolic systems, she brings a rare synthesis of ancient tradition and modern embodiment.

She is the creator of **Lo Shu Divination** — a multidimensional framework that reimagines the classical Lo Shu Grid as a fractal engine of pattern, perception, and soul architecture. Her work draws on the I Ching, the Five Phases, the nervous system, tarot, and Taoist alchemy to explore how number, sound, movement, and myth shape lived experience.

Kaytee's teaching style bridges poetic insight and rigorous inquiry. She is known for translating complexity into coherence, and for helping others map their inner cosmology through language, body, and breath.

She is also the author of **Neuroaffective Somatics**, a pioneering work that weaves neuroscience, Chinese medicine, and imagination into a practical and mystical lens on healing.

You can learn more or connect at [hello@kayteezee.com](mailto:hello@kayteezee.com).

## Disclaimer & Intent

This book is a creative and contemplative work. It is not intended to diagnose, treat, cure, or prevent any disease, nor is it a substitute for medical advice, psychotherapy, or licensed healthcare services.

The systems and mappings described herein — including the Lo Shu Grid, I Ching correspondences, movement practices, symbolic interpretations, and energetic theories — are presented for **educational, artistic, and entertainment purposes**. They are rooted in both traditional cosmological models and personal synthesis, and are intended to inspire reflection, curiosity, and symbolic insight.

Any physical practices mentioned (such as breathwork or movement shapes) should be approached with personal responsibility and within your own capacity. If you have medical or psychological conditions, please consult with a qualified healthcare provider before engaging with any embodiment or energy-based practices.

The author and publisher disclaim all liability for any direct or indirect effects resulting from the use or interpretation of the material within this book.

This is not a science textbook, medical manual, or religious doctrine.

This is a **symbolic field** — a mirror of patterns and metaphors meant to support awareness, creativity, and the contemplative imagination.

**Reader discretion, agency, and discernment are essential.**

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# What is Lo Shu?

The Lo Shu Grid (洛书) is one of the oldest and most revered symbols in Chinese cosmology and divination. Its origins trace back over four thousand years to a legend during the time of the Xia dynasty (2070 BCE – 1600BCE).

According to this legend, the Lo Shu grid appeared as a mystical pattern on the shell of a turtle emerging from the Luo River in ancient China. The pattern was a 3x3 grid, with numbers arranged in such a way that every row, column, and diagonal added up to 15.

LO SHU GRID		
4	9	2
3	5	7
8	1	6

UNIVERSAL COMPLEXITY

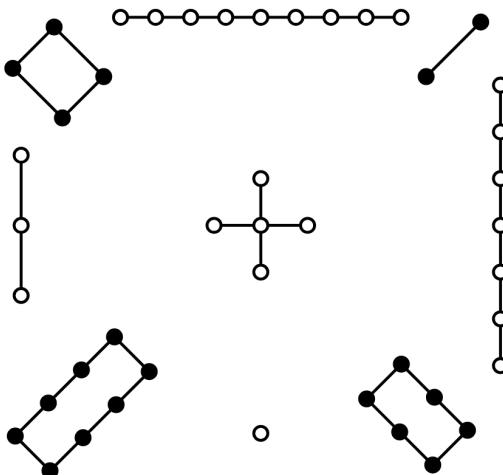
The turtle, known in Chinese culture as a symbol of longevity and stability, was seen by Emperor Yu the Great, who was revered for his wisdom and deep understanding of natural forces. Yu interpreted the pattern as a message from the heavens, symbolizing the harmony between heaven, earth, and humanity.

The numbers on the turtle's shell became known as the Lo Shu Magic Square, believed to hold the keys to cosmic balance, universal order, and the principles governing life and nature.

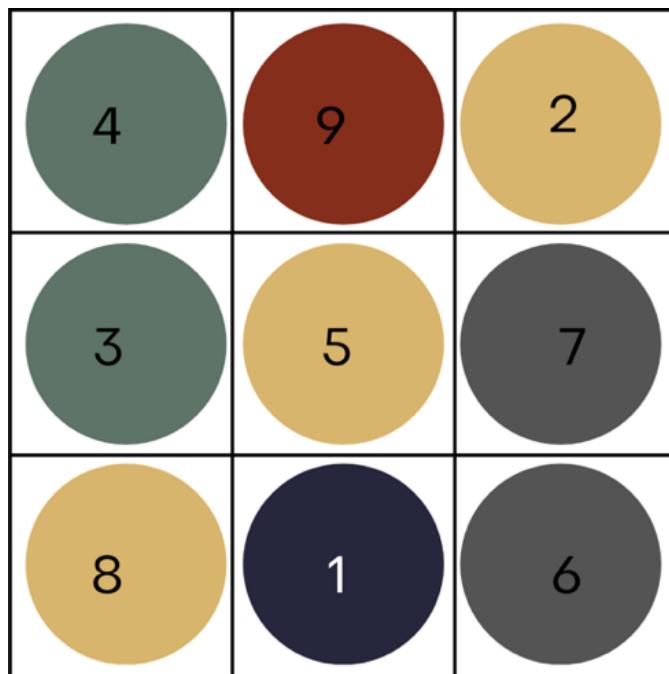
As you can see, each of the rows, columns, and diagonals add to 15. This is an Infinite Geometry that grows, shifts, and behaves like a fractal. It is significant that this form of alchemy operates through numbers as well. In my 40+ years' contemplating Dao, this is the singular framework that has quantities.

Each of these cells, then, is like it's own Universe or Dimension. As Numerology, then, anything that ends up being a 9 FITS in the 9 cell, just as with all 5's. In any other order or ranking, this would fall apart.

Here's a way top look at the grid as though the numbers are geometries like a garden.



#	Where	Lo Shu Life Area	Element
1	North	Career, Life Path	Water
2	SW	Relationships, Partnerships	Earth
3	East	Family, Health	Wood
4	SE	Wealth, Prosperity	Wood
5	Center	Health, Balance	Earth
6	NW	Helpful People, Travel	Metal
7	West	Creativity, Children, Joy	Metal
8	NE	Knowledge, Self- Cultivation	Earth
9	South	Fame, Reputation	Fire



This is how the elements look as colors. The palette is based on the Medicine Wheel of China – the 5 Phases of Earth Water Fire Metal, and Wood

Note that there are 3 earths! This creates remarkable stability in the cosmic geometry of this.

Even though this is a universal grid, it is not communicating smooth sailing at all times. Water extinguishes fire, for example so you can also contemplate these elements as the ways in which our relationships and challenges might show up.

# There is NO such thing as a ‘bad’ match – only a complexity

Number	Most Compatible	Neutral	Challenging Pairings
1 (Water)	3 (Wood), 5 (Earth), 7 (Metal)	9 (Fire), 6 (Metal)	2 (Earth), 4 (Wood), 8 (Earth)
2 (Earth)	4 (Wood), 6 (Metal), 8 (Earth)	5 (Earth), 9 (Fire)	1 (Water), 3 (Wood), 7 (Metal)
3 (Wood)	1 (Water), 5 (Earth), 9 (Fire)	7 (Metal), 2 (Earth)	4 (Wood), 6 (Metal), 8 (Earth)
4 (Wood)	2 (Earth), 6 (Metal), 8 (Earth)	3 (Wood), 9 (Fire)	1 (Water), 5 (Earth), 7 (Metal)
5 (Earth)	1 (Water), 3 (Wood), 9 (Fire)	4 (Wood), 8 (Earth)	2 (Earth), 6 (Metal), 7 (Metal)
6 (Metal)	2 (Earth), 4 (Wood), 8 (Earth)	5 (Earth), 9 (Fire)	1 (Water), 3 (Wood), 7 (Metal)
7 (Metal)	1 (Water), 5 (Earth), 9 (Fire)	6 (Metal), 8 (Earth)	2 (Earth), 3 (Wood), 4 (Wood)
8 (Earth)	2 (Earth), 4 (Wood), 6 (Metal)	5 (Earth), 7 (Metal)	1 (Water), 3 (Wood), 9 (Fire)
9 (Fire)	3 (Wood), 5 (Earth), 7 (Metal)	1 (Water), 6 (Metal)	2 (Earth), 4 (Wood), 8 (Earth)

## How To Determine Your Lo Shu Mappings

4	9	2
3	5	7
8	1	6

### Flower Of Life

Within the Shentegrity Framework, we deduce Lo Shu Numerology thusly:

Start with your Date of Birth: MM/DD/YYYY

Example: 17/09/1985

Add the digits of the MM and DD until you get one number – that is your Birth Flower Number

$$1+7 = 8$$

$$8+9 = 17$$

$$1+7 = 8$$

## Life Path

Add all digits of MM/DD/YYYY to get one number – That is your Life Path (like a sundial)

We start with 8, and then add the year

$$1+9+8+5 = 23$$

$$2+3 = 5$$

$$5+8 = 13$$

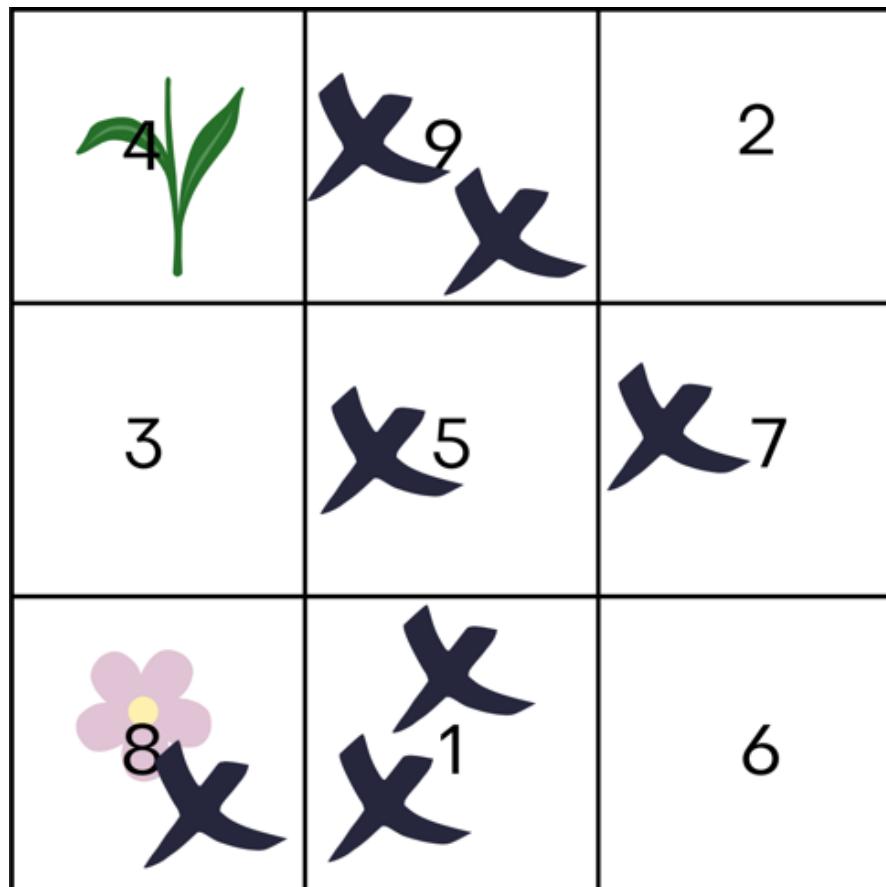
$$1+3 = 4$$

Life Path is the “Heaviest” number, though I often weigh the flower equally.

This system is highly forgiving, so work it the way that works for you!

	9	2
3	5	7
	1	6

Plot the Seeds of your birthday, but placing an X in each cell where a number appears



## Now, do Yours!

4	9	2
3	5	7
8	1	6

## Pattern Perception

The next section guides you through the 3 ways to interpret what you see, and I encourage you to take a moment and notice. There is no such thing as a ‘Bad’ placement or a ‘wrong’ alignment.

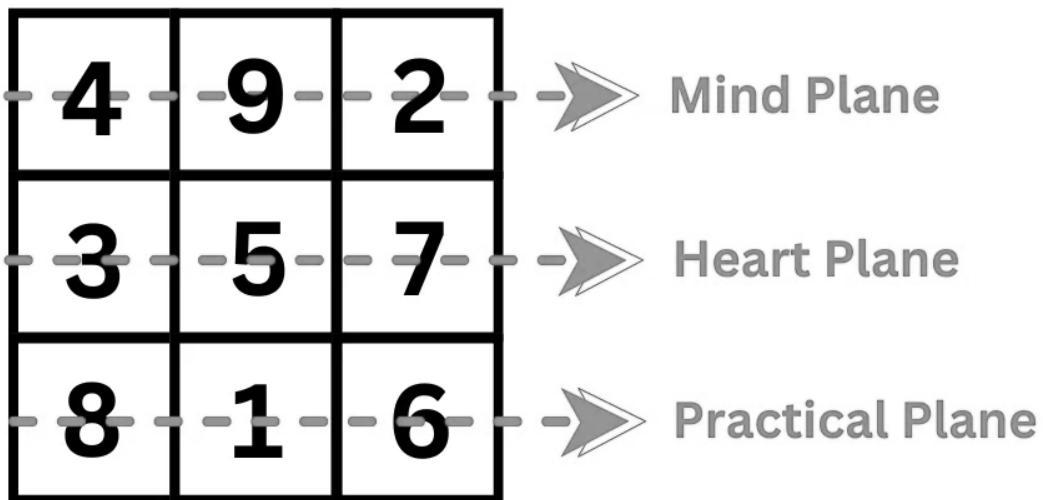
IT’s possible to have entire blocks, rows, and/or columns empty due to the numbers. This does not mean you are cursed OK? These patterns are based on a 200 Million Year old Creature. The timelines of Lo Shu are galactic and more like the way paleontology marks time....

# Horizontal Reading of Lo Shu – As Above (Jing/Earth)

When We read the Lo Shu Grid as Rows, it's akin to scanning the layers of a cake or seeing the floors in a building. Each horizontal line is a LANDING. It's a place for rest. The Neurology of Horizontal is our Default Mode – both the network in the brain and how we are ‘in autopilot’.

The Default Mode Network is the Neural Network in the Brain that gives the Rest and Digest experience. Horizontal is about passive self-reflection – the kind of cognitive states that encourage awareness, creativity, and relaxation

Horizontal Planes – As Above – (Jing/Earth)



## Mind Plane

Associated Numbers: The top row with numbers 4, 9, 2

Meaning: Represents intellectual capabilities and logical decision-making.

Those who are strong in the mental plane are viewed as strategic thinkers who rely heavily on their cognitive skills.

This plane being fully active suggests a sharp, analytical mind adept at problem-solving.

**Challenges:** If this plane is missing, individuals might struggle with planning and strategic thinking. They may find it challenging to analyze situations or make decisions that require logical reasoning.

## Heart Plane

Associated Numbers: The middle row with numbers 3, 5, 7.

Meaning: Focuses on emotional intelligence and artistic abilities. Individuals with a strong heart plane are typically empathetic, passionate, and attuned to the emotional or aesthetic realms. They experience profound fulfillment in life and exhibit a spirit of learning that is in harmony with their emotional depth.

**Challenges:** Individuals with no Heart Plane may find it difficult to connect with their own emotions and those of others. This can lead to relationships that feel superficial or distant.

## Practical Plane

Associated Numbers: The bottom row with numbers 8, 1, 6.

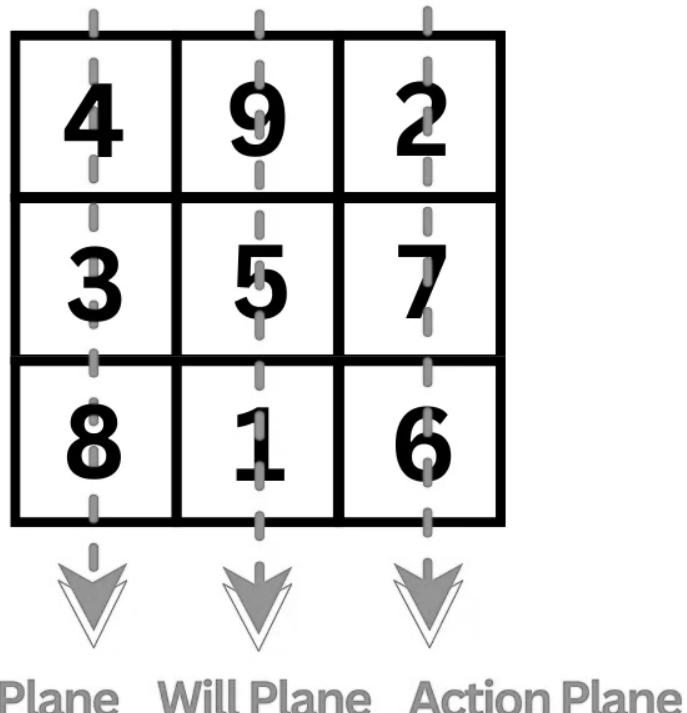
Meaning: Concerns material success and practical approaches to life. People who excel in the practical plane are often pragmatic, power-driven, and romantic, seeking tangible results and authority in their professional and personal lives.

Challenges: The absence of a practical plane can lead to difficulties in dealing with day-to-day tasks and practical matters. Individuals might struggle with managing finances, keeping organized, or dealing with the physical demands of jobs and daily life.

## Vertical Planes – As Below – (Shen/Water)

Vertical interpretations of Lo Shu have to do with ‘the things’.... What we need to accomplish – what we desire for ourselves – and resources we may or may not have in order to do so. These go down, like rainfall, and this aligns to the Salience Network in the brain.

Salience is where we experience Pattern Recognition, Either/Or Thinking, and has the quality fluid motion. This would be the Y axis on a grid, and as such Vertical interpretations can be contemplated as ‘Caps’ or ‘Limits’...



The vision plane, heart plane, and practical plane together form the three horizontal planes in the Lo Shu grid.

## Vision Plane

Associated Numbers: The first column with numbers 4, 3, 8.

**Meaning:** Represents foresight and the capacity to plan ahead. Those with a strong vision plane have excellent strategic skills and a knack for foreseeing potential outcomes, making them adept in careers that require long-term planning. However, they may be prone to stress-related ailments.

**Challenges:** If this plane is missing, such individuals might struggle to be taken seriously, often overlooked by others.

## Will Plane

**Associated Numbers:** The middle column with numbers 9, 5, 1.

**Meaning:** Symbolizes inner strength and determination. Individuals who are strong in this plane are characterized by their resilience and ability to overcome adversity, often finding success later in life due to their tenacity and dominant personality.

**Challenges:** The absence of this plane can lead to a loss of hope and difficulty in overcoming setbacks.

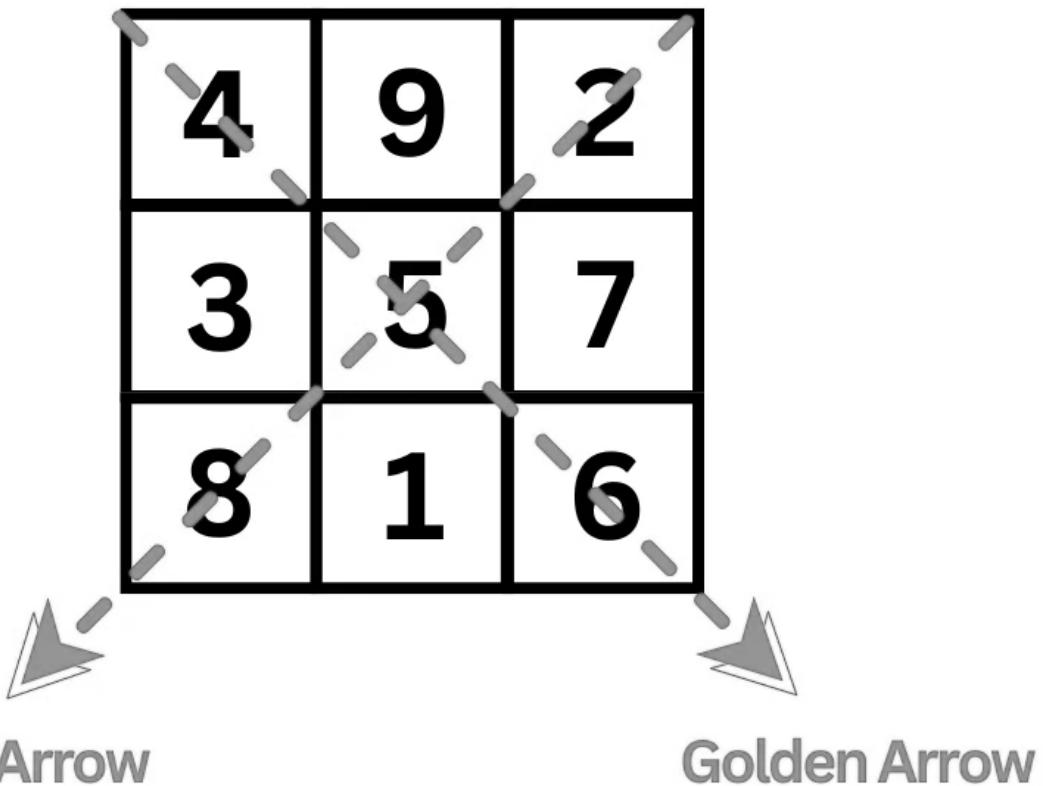
## Action Plane

**Associated Numbers:** The last column with numbers 2, 7, 6.

**Meaning:** Highlights initiative and decisiveness. People who excel in the action plane are dynamic, quick to make decisions, and generally successful in fields requiring quick reflexes or bold moves.

**Challenges:** Without this plane, a person may struggle with decision-making.

## Success Arrows – As Though (Chi/Fire)



The Lo Shu Grid also uses two significant diagonal alignments, known as the Success Arrows, to illustrate success: This mapping is aligned your brain to the 3 axis of the planet.

### Golden Arrow

Associated Numbers: Diagonal with numbers 4, 5, 6.

Meaning: It signifies support and luck from external sources such as family, friends, and even fate. Those with a complete Golden Arrow in their grid often enjoy strong support in their endeavors, both personally and professionally.

### Silver Arrow

Associated Numbers: Diagonal with numbers 2, 5, 8.

Meaning: Tied to wealth and property. This arrow suggests a knack for managing and benefiting from real estate and other physical assets, often leading to prosperity through tangible investments..

## A Cosmology and Physics and Embodied Intelligence

Each Lo Shu number is not merely a point on a grid — it is a vortex of orientation, a gravitational intelligence, a mode of embodiment, and a field of cosmological resonance. These nine positions encode how the body feels time,

how matter organizes meaning, and how spirit (Shen), energy (Chi), and essence (Jing) flow through layered geometries of being.

This section reweaves the Bagua, Lo Shu numeric, and Taoist cosmology with the science of systems — blending thermodynamics, genetics, tensegrity theory, and consciousness physics.

Each node follows a consistent logic:

- Axis: Orientation in the grid and body
- Elemental / Medical Mirror: Organ systems and cosmological roles
- Neidan Role: Inner alchemical function
- Field Resonance: Gravity as structure, water, fire, or thread
- Scientific Echo: A principle (e.g. genetics, Homeorhesis, negentropy) that expresses its contemporary form

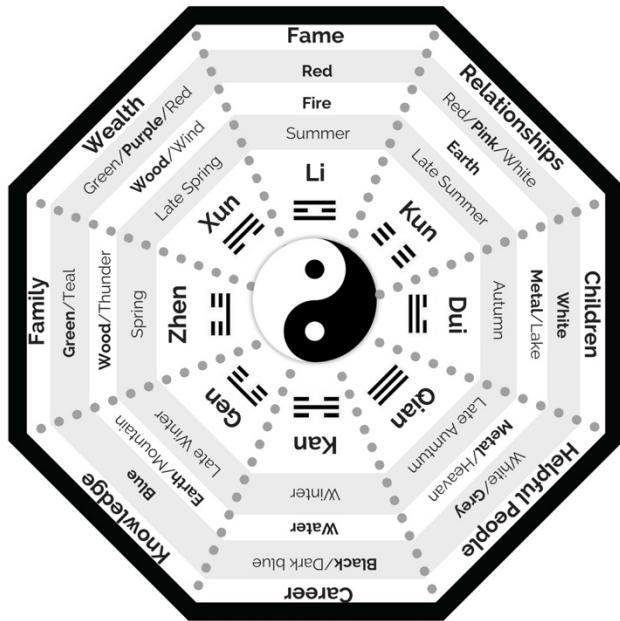
As with most cosmologies, the number 8 is significant in Lo Shu. Aligned with both Einsteins' Theory of Relativity AND China's 8 Extraordinary Vessels (our DNA), I've included an epigenetic contemplation so you can see how dynamic and beautiful the fractal of this geometry is in dimension.. Epigenetic Alignment to the 8 Extraordinary Vessels

Lo Shu #	Direction	Element	Associated EV	Core Wound / Function
1	North	Water	Chong Mai (Penetrating Vessel)	Attachment Wound / Ancestral Blueprint
2	Southwest	Earth	Ren Mai (Conception Vessel)	Mother Wound / Gestational Field
3	East	Wood	Du Mai (Governing Vessel)	Father Wound / Purpose and Drive
4	Southeast	Wood	Yang Wei Mai (Yang Linking Vessel)	Paternal DNA / Fight-Flight Calibration
5	Center	Earth	Dai Mai (Belt Vessel)	Mitochondrial DNA / Boundaries + Containment
6	Northwest	Metal	Yin Wei Mai (Yin Linking Vessel)	Maternal DNA / Emotional Inheritance
7	West	Metal	Yin Qiao Mai (Yin Heel Vessel)	Witnessing Violence / Sleep + Vision
8	Northeast	Earth	Yang Qiao Mai (Yang Heel Vessel)	Experiencing Violence / Confidence, Action
9	South	Fire	Meng Po (Hidden 9th EV)	Alchemical Birth / Shen Integration

Together, these become a map of embodied spacetime — where every direction is a dimension of perception, every system a metaphor for emergence, and every number a note in the structure of resonance.

# Feng Shui +1 — From External Arrangement to Internal Alchemy

Feng Shui teaches how to balance environments — aligning furniture, colors, doors, and directions to harmonize qi flow within a physical space. But what happens when we bring the same wisdom inside? Feng Shui is external. Lo Shu Alchemy is internal.



## Traditional Feng Shui (External)

Focuses on place: buildings, rooms, environments  
Uses the Bagua Map to locate life areas like career, love, and health within a space  
Aligns with magnetic compass directions  
Treats the self as within the field  
Requires Magnetic North

Focuses on the energetic terrain within the body  
The Lo Shu grid maps the 9 palaces of the subtle body  
Aligns with cosmic principle, not compass orientation  
The body is not in space — space is within the body

## What Changes?

Concept	Feng Shui	Lo Shu Alchemy (Internal)
Grid Use	Room/home layout	Energy map of body/soul
Direction	Magnetic compass	Intrinsic cosmology (Lo Shu 1–9)
Center	Where you stand	Who you are
Change Engine	Rearranging objects	Refining intention, Shen, and Qi
Power Source	Qi of the land	Jing-Qi-Shen cycle
Purpose	Harmony in space	Awakening through self-structure

## +1 = Perspective Shift

“+1” means: we keep the sacred geometry of Feng Shui but shift it inward. The Lo Shu grid doesn't change — the experience of the grid changes. Every cell becomes a palace of personal alchemy. What was once about where to place your couch becomes about how to locate your soul.

The Following Pages provide insight into each individual cell of the Lo Shu Grid. I also have Tables for these attributes in the back ☺

## ◆ 1 – Water – ☰ Kan

- Number: 1
- Direction: North
- Element: Water (水)
- Lo Shu Life Area: Career, Life Path
- I Ching Trigram: ☰ Kan (Water)
- Extraordinary Vessel: Chong Mai (Penetrating Vessel)
- TCM Organ: Kidneys
- Shen Spirit: Zhi (志) — Willpower, determination
- Emotion: Fear (恐)
- Season: Winter
- Planet: Mercury
- Flavor: Salty
- Tissue: Bones
- Sense Organ: Ears
- Associated Animal: Black Tortoise (玄武)

### 🌀 Core Metaphors & Functions

- Energetic Role: Source of Jing, ancestral essence, primal water of life
- Extraordinary Vessel Function: Chong Mai is the Sea of Blood, Sea of Yin — connects DNA, life force, and the unfolding of destiny
- Psycho-Spiritual Function:
  - The place of stillness and depth
  - Holds the original blueprint before action
  - Zhi governs resilience, drive, courage under pressure
- Thermodynamic Echo:
  - Zeroth Law — establishes equilibrium between systems
  - Symbolizes stillness, potential, and latent energy
  - Water is the medium of temperature, the Dao's original form

### ◎ Alchemical Mapping

- Lower Palace / Dantian: The beginning of the spiritual refinement cycle
- Mystic Image: A dark ocean in the bones, a reservoir of potential
- Initiatory Gesture: Sink down, inhale, descend to source
- Lo Shu Movement Shape: Spiral inward at pelvis
- Sound/Vibration: “Choo” (Kidney release / fear processing)
- Frequency (Solfeggio): 396 Hz – Liberates guilt & fear
- Crystal Ally: Black Obsidian – Deep memory, ancestral protection
- Tarot Archetype: The Queen of Cups – watery depth, containment, compassion

## 🔮 Symbolic & Divinatory Insight

- **Tarot Archetype: The Queen of Cups** — embodiment of depth, compassion, and emotional containment
  - In the 1st Palace, she reflects the **mystery of origins**: the quiet holding of vast potential before form.
  - She is **keeper of the seed**, guardian of the inner waters that shape destiny.
- **Divinatory Message:**

"Return to the source.

Your power lies not in action, but in the stillness before it.

Rest in your depth. From there, all true movement begins."

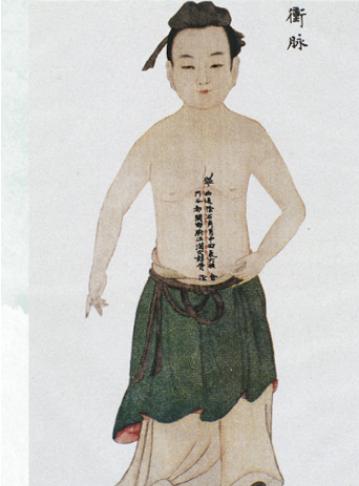
- **Invocatory Prayer:**

"I descend into the dark waters.

I reclaim the strength of silence.

I am rooted in what cannot be shaken."

AttachmentWound - Circumcision  
Chong Mai (Penetrating )



Chong Mai – Penetrating Vessel  
Ancestral Blueprint + Transformation  
Governs digestion, circulation, and deep ancestral memory.  
Associated with the metabolization of inherited trauma — how emotional patterns, identity, and generational imprints move through blood and fascia.  
Epigenetically aligned with intergenerational trauma storage: if trauma is not metabolized, it becomes inflammation or burnout. When transformed, it becomes wisdom.

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## ◆ 2 – Earth – 坎 Kun

- Number: 2
- Direction: Southwest
- Element: Earth (土)
- Lo Shu Life Area: Relationships, Partnership, Receptivity
- I Ching Trigram: 坎 Kun (Receptive Earth)
- Extraordinary Vessel: Ren Mai (Conception Vessel)
- TCM Organ: Spleen
- Shen Spirit: Yi (意) — Intellect, thought, and integration
- Emotion: Worry (思)
- Season: Late Summer
- Planet: Saturn
- Flavor: Sweet
- Tissue: Muscles / Flesh
- Sense Organ: Mouth, Lips
- Associated Animal: Qilin (麒麟) — the benevolent Earth beast of purity and protection

## 🌀 Core Metaphors & Inner Alchemy

- Mystic Image: The Womb of Hou Tu — a vast, fertile space of gestation, safety, and slow transformation. The Earth Mother who receives all without judgment.
- Neidan Role: The vessel of gestation — where Fire (Shen) and Water (Jing) meet and are nourished into new form.
- Extraordinary Vessel Insight:
  - Ren Mai governs the womb, breath, and Yin fluids.
  - Energetically, it links the personal and ancestral feminine lineages.
  - It's activated through soft breath, presence, and emotional openness.
- Psycho-Spiritual Function:
  - Yi processes thought and meaning into practical form.
  - Governs trust, nourishment, and integration — especially in relationships.
  - Weak Yi = overthinking, co-dependency, or collapse in boundaries.
  - Strong Yi = grounded empathy, emotional clarity, embodied wisdom.

## ◎ Somatic & Energetic Practice

- Movement Shape: Figure-8 in the lower abdomen — gently circling hips or pelvis activates this portal. Think of soft spirals within the Dan Tien.
- Sound / Breath Release: “Whooo” — a descending, softening exhale that releases worry and grounds the mind.
- Neuro-somatic Layer: Supports ventral vagal safety and parasympathetic regulation — useful in nervous system healing and trauma recovery.

- Crystal Ally: Carnelian — ignites vitality, restores the womb field, and reconnects inner warmth and desire.
- Solfeggio Frequency: 417 Hz – Clears unconscious blockages, trauma held in the womb and belly.
- Lo Shu Grid Position: Lower left (SW), grounding into relational intelligence and containment.

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: The Moon – Intuition, dreamscapes, mystery, unconscious patterns
  - In the 2nd Palace, the Moon teaches: not all clarity is immediate. Trust the gestation of mystery.
  - May signal emotional patterning inherited from the motherline or early relationships.
- Invocation:

“I return to the womb of the Earth.  
I trust what is becoming, even in shadow.  
I am held. I am forming. I am whole.”

**MotherWound**  
**Ren Mai (Conception)**



🌐 Ren Mai – Conception Vessel  
Gestational Field + Emotional Belonging

- The Yin matrix of prenatal nourishment and emotional imprinting.
- Holds pre-verbal memories of how one was received into existence (safe, supported, or not).
- Epigenetically, this maps to early relational trauma and hormonal dysregulation (e.g., attachment disorders, fertility issues).

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## ◆ 3 – Wood – ䷲ Xun

- Number: 3
- Direction: East
- Element: Wood (木)
- Lo Shu Life Area: Family, Health, Origins
- I Ching Trigram: ䷲ Xun – Wind / Penetration
- Extraordinary Vessel: Du Mai (Governing Vessel)
- TCM Organ: Liver (Gan, 肝)
- Shen Spirit: Hun (魂) – The Ethereal Soul
- Emotion: Anger (怒)
- Season: Spring
- Planet: Jupiter
- Flavor: Sour
- Tissue: Tendons
- Sense Organ: Eyes
- Associated Animal: Azure Dragon (青龍) — the force of living renewal

## 🌿 Core Metaphors & Inner Alchemy

- Mystic Image: The Tree of Ancestral Wind — the generational pulse pushing upward into form, guided by unseen roots.
- Neidan Role: The yang impulse to move forward — the first rise of Qi in the internal cauldron.
- Extraordinary Vessel Insight:
  - Du Mai rules the spine and central nervous channel, driving will, assertion, and self-definition.
  - It is the fatherline vessel — supporting posture, purpose, and vertical alignment.
- Psycho-Spiritual Function:
  - The Hun governs vision, dreams, foresight, imagination.
  - Healthy Hun = clarity of purpose, trust in inner guidance, emotional expression
  - Disturbed Hun = rage, confusion, depression, or collapse in forward movement
  - Liver's flexibility = key to regulating anger as suppressed life-force

## ◎ Somatic & Energetic Practice

- Movement Shape: Directional lunge or forward stride — embody initiation, agency, and commitment to a path.
- Sound / Breath Release: “Shhh” — hissing through the teeth to calm rising heat and anger.
- Neuro-somatic Layer: Regulates sympathetic activation — helps move fight energy through and out, transforming stagnation into flow.
- Crystal Ally: Citrine — solar power, inner clarity, directional focus
- Solfeggio Frequency: 528 Hz – DNA activation, personal will, and life repair
- Lo Shu Grid Position: Middle left (E), the spring wind that brings new life into movement

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: Knight of Swords – Swift action, intensity, vision-driven motion
  - In the 3rd Palace, this Knight is not random — he's answering ancestral call.
  - May reflect the need to initiate a new path, especially when old family stories no longer serve.
- Invocation:

“I honor the wind in my blood.  
I step forward with vision and resolve.  
My lineage lives through my movement.”

## FatherWound Du Mai (Governing)



- Du Mai – Governing Vessel  
Willpower + Nervous System Integrity
  - Spinal axis and Yang constitutional strength.
  - Governs how one carries intergenerational purpose and structural drive.
  - Epigenetically mirrors inherited resilience or rigidity in the nervous system: hypervigilance, collapse, or lineage-based self-concept.

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## ◆ 4 – Wood – ☰ Zhen

- Number: 4
- Direction: Southeast
- Element: Wood (木)
- Lo Shu Life Area: Wealth, Prosperity, Strategic Growth
- I Ching Trigram: ☰ Zhen – Thunder / Shock
- Extraordinary Vessel: Yang Wei Mai (Yang Linking Vessel)
- TCM Organ: Gallbladder (Dan, 胆)
- Shen Spirit: (*No separate Shen spirit; works in service of Hun*)
- Emotion: Decisiveness vs. Hesitation (linked to anger and judgment)
- Season: Early Spring
- Planet: Jupiter
- Flavor: Sour
- Tissue: Sinews
- Sense Organ: Eyes (Peripheral vision / awareness)
- Associated Animal: Young Dragon or Thunderbird — symbol of dynamic awakening

## ⚡ Core Metaphors & Inner Alchemy

- Mystic Image: The Thunderclap of Awakening — a sudden impulse, the energetic “Yes” that turns potential into direction.
- Neidan Role: The moment when intention takes shape, and Qi leaps into the channels.
- Extraordinary Vessel Insight:
  - Yang Wei Mai links the Yang meridians, especially related to fight-flight calibration and readiness.
  - It stabilizes external action, protects against overwhelm, and regulates momentum and timing.
- Psycho-Spiritual Function:
  - Gallbladder governs courage, moral clarity, ability to choose.
  - When balanced: decisions flow naturally with integrity
  - When blocked: hesitation, bitterness, collapse of confidence
  - Supports Hun by giving legs to vision — direction to dreams

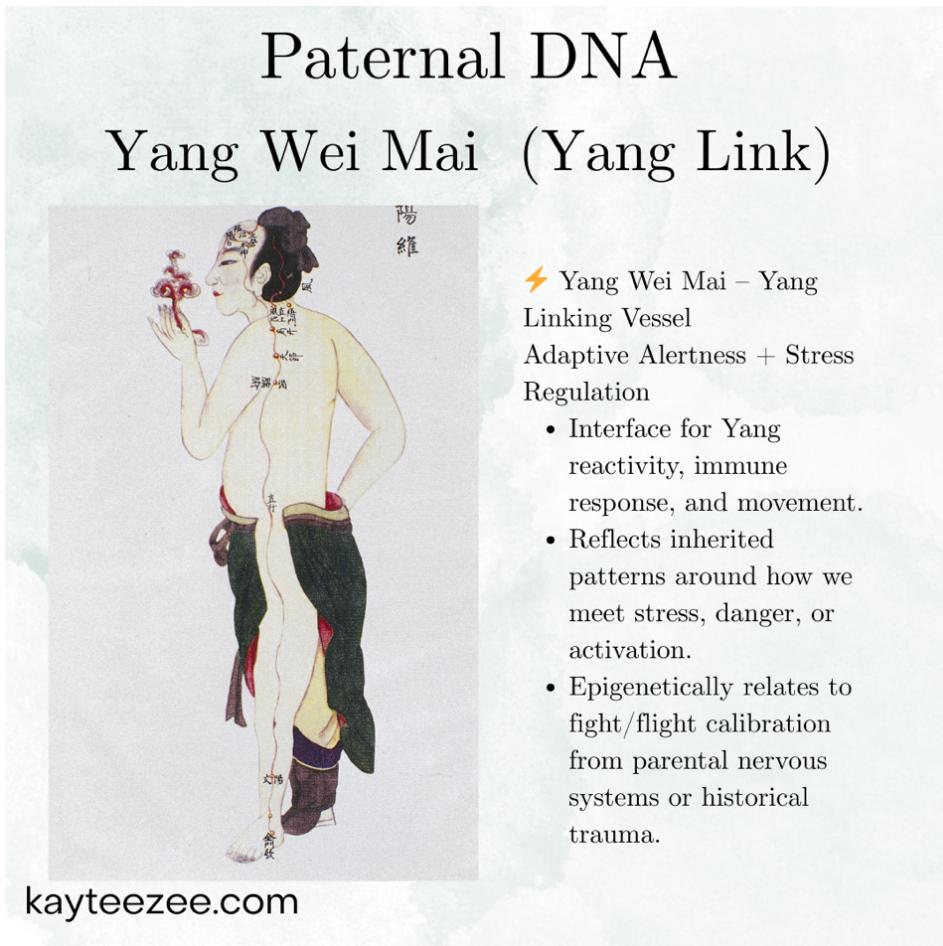
## 🌀 Somatic & Energetic Practice

- Movement Shape: Diagonal forward reach or half-squat — evokes choosing a path, preparing to leap.
- Sound / Breath Release: “Ssss” — the snake’s breath of focus, cutting through fog.
- Neuro-somatic Layer: Governs motor cortex regulation — helps act on internal impulse without freeze or flinch.
- Crystal Ally: Smoky Quartz – clears ancestral hesitation, strengthens rooted action
- Solfeggio Frequency: 639 Hz – Harmonizes external relationships, inner clarity
- Lo Shu Grid Position: Top-left (SE) — the directional ignition point for long-term growth

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: Ace of Pentacles — Seed of prosperity, grounded opportunity
  - Here, it speaks not only of money, but of foundational decisions that shape destiny
  - May signal: It's time to commit to a path that aligns value with vision
- Invocation:

"I move with purpose.  
I choose my path with courage.  
I am the thunder that begins the journey."



## 🌀 Lo Shu 5 — The Alchemical Crucible

- Number: 5
- Direction: Center
- Element: Earth (土)
- Lo Shu Life Area: Integration, Health, Axis of the Self
- I Ching Symbol: Tai Ji (太極) — the Supreme Polarity
- Extraordinary Vessel: Dai Mai (Belt Vessel)
- TCM Organs: Spleen and Heart
- Shen Spirit: Shen (神) — Consciousness, unified light
- Emotion: Worry → Clarity
- Season: Change between seasons (Late Summer)
- Planet: Saturn (stabilizing field)
- Flavor: Sweet
- Tissue: Muscles / Flesh
- Sense Organ: Mouth and Tongue
- Associated Symbol: Golden Cauldron, Axis Mundi

## 🌐 Core Metaphors & Inner Alchemy

- Mystic Image: The Golden Crucible — where all phases return to be digested, integrated, and transmuted
- Neidan Role: This is the alchemical center, the still point of rotation, where Shen, Qi, and Jing meet and fuse
- Extraordinary Vessel Insight:
  - Dai Mai encircles the waist, regulating horizontal flow and integration
  - It holds the boundaries of the self, both physical and emotional
  - Links the inner and outer world, stabilizing the movement of all other channels
- Psycho-Spiritual Function:
  - Shen represents conscious presence, radiant awareness, spiritual intelligence
  - The Heart is the residence of the Shen, but the Spleen grounds it into embodiment
  - A balanced Center holds all experience without collapse or over-identification

## 🌀 Somatic & Energetic Practice

- Movement Shape: Center-pulse or spiraling stillness — gentle movement of the diaphragm or rotation of the hips
- Sound / Breath Release: “Haaaaa” — soft heart breath, allows presence to settle into the body
- Neuro-somatic Layer: Supports midline regulation, vagal tone, and self-other boundary awareness
- Crystal Ally: Clear Quartz — amplifies and integrates, the universal frequency holder
- Solfeggio Frequency: 432 Hz – Heart of the Earth, harmonic resonance with life
- Lo Shu Grid Position: Exact Center (5) — the pivot from which all directions flow

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: The Tower — the breakdown of false centers, followed by true alignment
  - In the 5th Palace, the Tower isn't just destruction — it's initiation into embodiment
  - May indicate: Time to return to your core, to your centerline and essential truth
- Invocation:

“I am the still point in the turning wheel.  
All directions pass through me.  
I hold the whole within the heart of presence.”

## Mitochondrial DNA Dai Mai (Belt)



### Containment + Integration

The only horizontal channel, it wraps around the midsection, regulating emotional boundaries and storage of inherited tension.

- Key for digesting ancestral structure — what we "carry" and how we "hold" inherited forms.
- Epigenetically matched with boundary distortion, rigidity, or fragmentation in lineage survival strategies.

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## ◆ 6 – Metal – ☰ Qian

- Number: 6
- Direction: Northwest
- Element: Metal (金)
- Lo Shu Life Area: Heavenly Help, Mentors, Spiritual Guidance, Endings
- I Ching Trigram: ☰ Qian – Heaven / Creative Force
- Extraordinary Vessel: Yin Wei Mai (Yin Linking Vessel)
- TCM Organ: Large Intestine (Da Chang, 大肠)
- Shen Spirit: (*Implicit Shen via moral conscience and ancestral authority*)
- Emotion: Grief (悲)
- Season: Autumn (early)
- Planet: Venus
- Flavor: Pungent
- Tissue: Skin
- Sense Organ: Nose
- Associated Animal: White Tiger (白虎) — guardian of spiritual justice and karmic clarity

## ⌚ Core Metaphors & Inner Alchemy

- Mystic Image: The Sword of Heaven — cutting through illusion, clarifying what must be released
- Neidan Role: Refinement and selection — the moment when false identities fall away, and Spirit commits to truth
- Extraordinary Vessel Insight:
  - Yin Wei Mai holds the emotional memory of the Heart, connecting to lineage, values, and karmic patterns
  - It gathers the past and prepares the soul for its next phase
- Psycho-Spiritual Function:
  - Large Intestine governs the ability to let go — of grief, outdated patterns, karmic waste
  - This is the organ of moral discernment, spiritual refinement, and evolutionary courage
  - Weak 6-energy leads to guilt, paralysis, or shame; strong 6 cuts with wisdom and love

## ◎ Somatic & Energetic Practice

- Movement Shape: Sword-drawing posture — precision in form, drawing energy from lower Dan Tian through the spine
- Sound / Breath Release: “Ssss” — sharp release, clearing static and congestion
- Neuro-somatic Layer: Resolves fight/freeze states, supports clean boundary restoration
- Crystal Ally: Selenite — purity, spiritual cleansing, integrity
- Solfeggio Frequency: 852 Hz — Awakens intuitive truth and higher guidance
- Lo Shu Grid Position: Top-right (NW) — the gate to ancestral wisdom and Heaven’s Mandate

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: Ten of Pentacles — Legacy, karmic structures, family inheritance
  - In the 6th Palace, this card speaks to ancestral support and the responsibility to carry truth forward
  - May suggest: Cut away the false, return to clarity, honor your elders (even those who came through pain)
- Invocation:

“I carry the sword of truth with humility.  
I release what no longer serves.  
I walk in the company of my ancestors.”

## Experiencing Vilence as a Child Yang Qiao Mai (Yang Heel)



### Action + Postural Confidence

- Manages outer movement, visual focus, and Yang vitality.
- Reflects generational imprinting around confidence, visibility, and assertion.
- Epigenetically linked to inherited suppression of voice, action, or fear of visibility (e.g., cultural or family-level silencing).

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## ◆ 7 – Metal – 女 Dui

- Number: 7
- Direction: West
- Element: Metal (金)
- Lo Shu Life Area: Creativity, Children, Expression, Pleasure
- I Ching Trigram: 女 Dui – Lake / Joy
- Extraordinary Vessel: Yin Qiao Mai (Yin Heel Vessel)
- TCM Organ: Lungs (Fei, 肺)
- Shen Spirit: Po (魄) – Corporeal Soul
- Emotion: Grief → Expression / Surrender
- Season: Autumn (mature)
- Planet: Venus
- Flavor: Pungent
- Tissue: Skin
- Sense Organ: Nose
- Associated Animal: White Tiger (yin form) — quiet power and guardianship of the breath

## பை Core Metaphors & Inner Alchemy

- Mystic Image: The Last Exhale at Sunset — a luminous release, where the soul completes its cycle with joy and grace
- Neidan Role: Transmutation of experience into art, expression, and embodied wisdom
- Extraordinary Vessel Insight:
  - Yin Qiao Mai governs inner stillness, eye alignment, and the ability to rest in one's truth
  - Connects to breathing patterns, boundaries, and interior reflection
- Psycho-Spiritual Function:
  - The Po governs sensation, embodiment, breath, memory of touch and form
  - Strong Po = radiance in the body, joy in being alive
  - Blocked Po = unresolved grief, dissociation, or withdrawal from pleasure
  - This palace is about completion, legacy, and the pleasure of release

## ◎ Somatic & Energetic Practice

- Movement Shape: Open chest, arms wide — the posture of receiving and releasing
- Sound / Breath Release: “Sssss” — metal breath, slicing through heaviness
- Neuro-somatic Layer: Regulates sensory integration, breathing rhythms, and emotional release
- Crystal Ally: Lapis Lazuli — voice, clarity, dignity in expression
- Solfeggio Frequency: 741 Hz – Clears communication blocks and stimulates creativity
- Lo Shu Grid Position: Middle-right (W) — the mirror of Lo Shu 3, where lineage becomes legacy

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: Five of Swords — release of conflict, letting go of what drains joy
  - In the 7th Palace, this card shifts from loss to learning — what must be released to be free?
  - May reveal: A need to return to simple joys, to beauty and presence
- Invocation:

“I exhale the past.  
I delight in this breath, this body, this moment.  
I create, I complete, I am.”

## Witnessing Violence as a Child Yin Qiao Mai (Yin Heel)



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### <sup>zz</sup>Z Rest, Sleep, & Inner Vision

- Governs the rest state, dream processing, and subconscious terrain.
- Links sleep, proprioception, and deep repair of inherited nervous fatigue.
- Epigenetically mirrors trauma patterns around rest: hyperarousal, insomnia, or adrenal burnout.

## ◆ 8 – Earth – ☷ Gen

- Number: 8
- Direction: Northeast
- Element: Earth (土)
- Lo Shu Life Area: Knowledge, Self-Cultivation, Ancestral Memory
- I Ching Trigram: ☷ Gen – Mountain / Stillness
- Extraordinary Vessel: Yang Qiao Mai (Yang Heel Vessel)
- TCM Organ: Stomach (Wei, 胃)
- Shen Spirit: (*Stomach does not have its own Shen; supports Yi through grounding and clarity*)
- Emotion: Overthinking → Resolve
- Season: Transition between Winter & Spring
- Planet: Saturn
- Flavor: Sweet
- Tissue: Flesh
- Sense Organ: Mouth
- Associated Animal: Mountain Dragon / Guardian Beast — wise, still, inward-facing strength

### ◆ Core Metaphors & Inner Alchemy

- Mystic Image: A sacred cave deep within the mountain — the archive of soul contracts and spiritual lineage
- Neidan Role: This is the place of return to stillness, the inner mountain where clarity and knowing take root
- Extraordinary Vessel Insight:
  - Yang Qiao Mai connects to yang posture, right-left symmetry, and the ability to stand tall in one's truth
  - Helps hold clear identity boundaries and integrate the lessons of embodiment
- Psycho-Spiritual Function:
  - The Stomach processes nourishment into Qi, but here, it digests thought and experience into wisdom
  - This palace supports the Yi, strengthening intention, discernment, and patience
  - Blocked 8-energy may lead to obsessive thought, over-control, or detachment from intuition

### ◆ Somatic & Energetic Practice

- Movement Shape: Rooted stillness / weight into heels — standing like a mountain, spine stacked, breath descending
- Sound / Breath Release: “Whooo” — a low grounding exhale to calm the mind and invite knowing
- Neuro-somatic Layer: Supports spinal alignment, somatic memory integration, and balance of doing and being
- Crystal Ally: Amethyst — deep clarity, dreamwork, spiritual discipline
- Solfeggio Frequency: 963 Hz – Pineal activation, higher memory, unity field
- Lo Shu Grid Position: Bottom-right (NE) — the base of cultivation, mirroring Lo Shu 2’s womb field

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: Four of Swords — sacred pause, recovery of vision, spiritual incubation
  - In the 8th Palace, this card speaks to retreat that strengthens — the kind of silence that clarifies purpose
  - May reveal: A time for contemplation, dreamwork, or ancestral reconnection
- Invocation:

“I descend into the mountain of my soul.  
In stillness, I remember.  
What is mine to know returns.”

## Maternal DNA

### Yin Wei Mai (Yin Link)



• Yin Wei Mai – Yin Linking Vessel  
Emotional Memory + Inner  
Containment

- Holds the emotional tone of the lineage and the integrity of Yin.
- The fascia of emotional depth — how grief, longing, and inner stillness are processed.
- Epigenetically resonates with affective inheritance, emotional overwhelm, repression, or hyper-sensitivity.

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## ◆ 9 – Fire – ䷔ Li

- Number: 9
- Direction: South
- Element: Fire (火)
- Lo Shu Life Area: Fame, Radiance, Soul Identity, Shen Illumination
- I Ching Trigram: ䷔ Li – Fire / Clarity
- Extraordinary Vessel: ★ Meng Po Mai (*mythic 9th vessel*) — Vessel of Forgetting and Return
- TCM Organ: Heart (Xin, 心)
- Shen Spirit: Shen (神) – Spirit / Consciousness
- Emotion: Joy → Emptiness / Illumination
- Season: Summer
- Planet: Mars / Sun
- Flavor: Bitter
- Tissue: Blood Vessels
- Sense Organ: Tongue / Speech
- Associated Animal: Vermilion Bird (朱雀) — phoenix of celestial clarity and soul fire

### 🔥 Core Metaphors & Inner Alchemy

- Mystic Image: A blazing red sun, or the cup of forgetfulness offered by Meng Po at the bridge of rebirth
- Neidan Role: This is the refined Fire, when Spirit becomes luminous and forgets form — a pure transmission of the Dao through light
- Extraordinary Vessel Insight:
  - While not canonically listed among the eight vessels, Meng Po Mai is the hidden ninth — the vessel of forgetting, reincarnation, and identity release
  - It governs the soul's passage between lifetimes, dissolving ego, and preparing Shen to return to source
- Psycho-Spiritual Function:
  - The Heart houses Shen, the soul's clarity, presence, and unique resonance
  - In its luminous state, Shen shines without grasping
  - When distorted, Fire becomes burnout, manic expression, or heartache
  - The 9th Palace offers freedom from narrative — the pure being of light

### 🌀 Somatic & Energetic Practice

- Movement Shape: Chest open, hands upward — embodying solar generosity or the final exhale
- Sound / Breath Release: “Haaaaaa” — heart breath, descending release of identification
- Neuro-somatic Layer: Facilitates emotional coherence, spiritual integration, and transpersonal identity
- Crystal Ally: Garnet — embodies blood wisdom, core truth, and soul flame
- Solfeggio Frequency: 111 Hz – Aligns soul expression, spiritual signature, heart awakening

- Lo Shu Grid Position: Top-center (S) — the palace of Shen and celestial radiance

## 🔮 Symbolic & Divinatory Insight

- Tarot Archetype: The Magician — conscious channeling of power, spiritual transmission, mastery
  - In the 9th Palace, the Magician has nothing to prove — only to shine
  - May reveal: A time to embody essence without explanation, to walk in truth
- Invocation:

“I release all names.  
I remember only light.  
My Shen flows freely — I am.”

**Evolution - Meng Po - Hidden Vessel  
Taoist Alchemical Birth**



In Neidan - Taoist Inner Alchemy - Orgasm Energy is used to refine energy towards the Golden Elixir Alchemical Birth - the Midwife was Old Lady Meng PO

Known only to those of us who have experienced this phenomenon directly, she teaches that success is not achieved through ambition, but through:

- Sincere contemplation
- Steady refinement
- The quiet integration of virtue into being

As EvoluShen, Meng Po , guides this experience and offers us the release of burdensome memory and the return to coherence.In this moment, the reward is threefold:

- Cutting MotherWounds FatherWounds and SiblingWounds
- Longevity through an extended lifespan
- Integration through the ability to perceive Quantum and Astrophysics as biological processes

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# Advancing Concepts – Row Dynamics in the Lo Shu Grid

## Advancing Concepts

This section invites you deeper into the **architecture of meaning** within the Lo Shu matrix. While the earlier sections offered a foundation of elemental and energetic associations, here we move into the **higher-order relationships** — patterns that reveal how body, mind, and spirit interweave across **planes, dimensions, and systems**.

These concepts do not replace earlier teachings. They **refine them**.

They are for the practitioner who already feels the geometry alive within the body — and is ready to explore the **vertical, horizontal, and recursive flows** that define internal cosmology.

Just as a single breath moves through diaphragm, voice, and thought,  
so does a single number ripple through structure, perception, and potential.

We now explore the **rows as dimensions**, and the **columns as organizing principles**.

Here, tensegrity becomes metaphor, neurobiology meets numerology, and the Lo Shu grid becomes a **living map** of internal alchemy.

This is where the pattern becomes personal.

This is where the grid begins to move.

## Key Insights from the Columns

### Vertical Relationships:

Each column reflects a mode of system integrity:

- Left: Biotensegrity (Jing) — physical essence and growth
- Middle: Shentegrity (Shen) — energetic alignment and coherence
- Right: Tensegrity (Chi and universal law) — balance across space and spirit

### Cross-Column Interactions:

Left to right represents a journey from **physical density** to **energetic refinement**.

It shows how structure becomes consciousness, and how consciousness becomes balance.

I created the artworks in this grid specifically for this purpose. They will create a visual guide as well as a cognitive one



## Bottom Row: “As Above” (8, 1, 6) – Walking on Flatland

**C-Level:** Sea Level (Ocean / Gravity)

### Description:

This row represents the flatland experience—human life as bound by the gravity of Earth and limited to the transverse plane of the third dimension.

It is the realm of direct physical interaction with the world: walking, working, and living on the Earth's surface, immersed in physicality and embodiment.

### Brain Function: Transverse Experience

The transverse experience of the brain reflects the physical coordination of moving across space and interacting with the material world. It is the grounded, practical aspect of sentience, rooted in gravity.

The Earth-bound nature of this row aligns with the Jing state, where essence manifests in

tangible, bodily experience.

### Dimensional Relationship: The Third Dimension

This row anchors dimensional existence in the x-y-z plane, reflecting the mobility and constraints of three-dimensional space.

It is the realm where energy becomes physical, visible, and actionable.

### Numbers and Elements:

8 (Jing / Gravity): Represents Earth's stabilizing pull and essence. This is the foundation of physicality, the gravitational constant grounding all energy.

1 (Potential): Embodies unity and the point of entry into dimensional existence. It bridges unseen potential into physical motion.

6 (Structure / Manifestation): Reflects clarity, form, and consolidation of energy into the material world.

### Key Insights:

This row connects the experience of walking on flatland to the Jing-dominated world of gravity and physical constraints.

It reflects the entropic nature of human existence, constrained by the pull of Earth and the flow of time.

## Middle Row: “As Though” (3, 5, 7) – The Realm of Loops

			<p><b>C-Level:</b> See-Level (Perception / Media)</p> <p><b>Description:</b> This row corresponds to perception and mediated experience—the realm of loops, where ideas, narratives, and phenomena reflect and amplify each other. It is the domain of memes and media, where human consciousness is engaged with the coronal experience of observing, imagining, and re-imagining reality on the movie screen of the mind.</p> <p><b>Brain Function:</b> Coronal Experience The coronal plane is associated with mental processing, pattern recognition, and the way we project internal states into external reality. This row governs the mind’s loops: thoughts, memories, cultural memes, and recursive feedback loops that define perception and storytelling.</p>

define perception and storytelling.

### Dimensional Relationship: Recursive Dimensions

The middle row transcends the simple constraints of the x-y-z plane, introducing self-referentiality and recursion.

It reflects the energetic interplay between Jing (essence), Chi (movement), and Shen (awareness).

### Numbers and Elements:

3 (Growth / Chi): Represents the creative energy of movement, loops, and interaction. It mirrors the dynamic expansion of thought and media.

5 (Balance / Time): The pivot point, mediating between loops and ensuring stability in the progression of ideas, culture, and stories.

7 (Insight / Shen): Reflects higher awareness and the spiritual refinement that emerges from loops and recursive feedback.

### Key Insights:

This row governs the realm of narratives, feedback, and reflection, embodying the mental projection of reality onto the movie screen of the mind.

It highlights the coronal experience as the interplay of thought and energy, driven by Chi and Shen.

## Top Row: “As Below” (4, 9, 2) – The Tensegrity Row

**C-Level:** C-Level (Creative / Genetic)

### Description:

This row governs the guiding behavior of Jing, Chi, and Shen, ensuring their harmonious interplay across the first three dimensions. Jing anchors physical form. Chi drives energy and motion. Shen provides awareness and alignment.

As the tensegrity row, it emphasizes the dynamic balance of tension (expansion) and compression (stabilization). These interactions maintain structural integrity within the first three bodies:

- Physical Body: Material and gravitational constraints
- Emotional Body: Energy flows and interaction
- Spiritual Body: Emergent awareness and coherence

### Brain Function: Dimensional Integration

This row reflects the brain's integration of physical, emotional, and spiritual dynamics, guiding decision-making, perception, and action.

It captures the interdimensional balance required for sentience: uniting instinct, energy, and awareness.

### Dimensional Relationship: The First Three Dimensions and Beyond

This row serves as the framework for dimensional tensegrity, providing stability and coherence while enabling dynamic transformation.

It mirrors the structural design of the universe at genetic, energetic, and cosmic scales:

- Genetics (ACTG): The balance of DNA's building blocks reflects the row's principles of tension (mutation, variability) and compression (inheritance, stability).
- Artistic Creativity: The C in ACTG maps to middle C on the piano, representing scales and harmonics across all dimensions.

### Numbers and Elements:

4 (Growth / Potential): Represents Jing's foundational expansion and the potential for dimensional development.

9 (Harmony / Integration): Reflects Shen's refinement, integrating forces into a cohesive system of awareness and alignment.

2 (Polarity / Balance): Embodies Chi's dual nature, managing the flow between opposites to maintain dynamic balance.

### **Key Insights:**

This row orchestrates the first three bodies (physical, emotional, spiritual) through tensegrity principles, ensuring balance across dimensions.

It serves as the creative and genetic template for dynamic systems, uniting Jing, Chi, and Shen into a coherent framework.

## Summary of the Rows

### **Bottom Row (8, 1, 6) — “As Above” (Sea Level / Flatland):**

The experience of physical existence, grounded in Earth’s gravity and human physicality. Jing-dominant, focused on essence, stability, and physical motion.

### **Middle Row (3, 5, 7) — “As Though” (See-Level / Loops):**

The realm of perception, memes, and mediated experience, where energy and thought flow in loops and narratives.

Chi-dominant, emphasizing energy, adaptability, and recursive feedback.

### **Top Row (4, 9, 2) — “As Below” (C-Level / Tensegrity):**

The guiding row of Jing, Chi, and Shen, balancing tension and compression across dimensions.

Shen-dominant, focused on awareness, integration, and interdimensional harmony.

## Column Dynamics – As Below

As the location of biotensegrity, shentegrity, and tensegrity, each column reflects a structural, energetic, and spatial ordering of the system.

The ordering of the columns (left to right: Biotensegrity → Shentegrity → Tensegrity) reflects an ascending refinement — from life’s structural foundation (biological systems), to awareness and coherence (spirit-based systems), to universal balance (tensegrity systems).

Let’s explore each column in depth:

## Left Column: Biotensegrity (4 → 3 → 8)

### Overview:

The left column represents biotensegrity, focusing on the structural and biological systems that balance tension and compression within living organisms.

This column grounds the entire grid in physical essence (Jing), reflecting the Earth-body connection and the material reality of life forms.

### Ordering of the Column (4 → 3 → 8):

This progression reflects:

4 — the dynamic potential of biological systems (growth and expansion)

3 — the adaptive energy flow (Chi) that supports movement and interaction

8 — the gravitational foundation that grounds all life in essence (Jing)

### Numbers and Interpretations:

4 — dynamic potential, growth, wood

Represents the adaptability of biological systems. Mirrors how tissues like fascia and muscles hold dynamic balance between tension and compression.

3 — Chi, energy flow, interaction

Symbolizes life's movement, transformation, and exchange of force.

8 — gravity, grounding, Earth

Anchors biotensegrity in Jing — the weight, mass, and energetic signature of living matter.

### Key Insights:

Biotensegrity is the material framework of life.

This column connects biological potential (4), adaptive flow (3), and gravitational essence (8) into one coherent, physical system.

## Middle Column: Shentegrity ( $9 \rightarrow 5 \rightarrow 1$ )

### Overview:

The middle column represents shentegrity — the alignment of energy and awareness into coherent spiritual structures.

It acts as the axis of the grid, mediating between physical (left) and universal (right) realms. It reflects the dynamic coherence of systems across time.

### Ordering of the Column ( $9 \rightarrow 5 \rightarrow 1$ ):

- 9 — guiding spirit (Shen), integrative intelligence
- 5 — the axis of balance, time, and regulation
- 1 — the singular origin, pure potential

### Numbers and Interpretations:

9 — Shen, fire, spiritual order

The awareness that harmonizes diverse parts into one aligned whole.

5 — Earth, center, balance

The temporal and energetic center — regulating changes and transitions.

1 — water, unity, seed essence

The singularity from which all other systems differentiate and emerge.

### Key Insights:

Shentegrity reveals how consciousness refines structure.

It integrates Jing (essence), Chi (movement), and Shen (spirit) into a balanced framework that honors time, clarity, and source.

## Right Column: Tensegrity ( $2 \rightarrow 7 \rightarrow 6$ )

### Overview

The right column expresses universal tensegrity — a principle of spatial, energetic, and spiritual balance across systems.

This is the geometry of cosmos: dynamic equilibrium between expansion and contraction, Yin and Yang, structure and flow.

### Ordering of the Column ( $2 \rightarrow 7 \rightarrow 6$ ):

- 2 — nurturing stability and support (Earth / Yin)
- 7 — refined awareness and spiritual clarity (Metal / Shen)
- 6 — manifestation of order in form (Metal / completion)

### Numbers and Interpretations:

- 2 — polarity, nurturing, grounding

The Yin structure that holds potential and gives it space.

7 — insight, refinement, clarity

The distillation of experience into meaningful pattern.

6 — manifestation, precision, wholeness

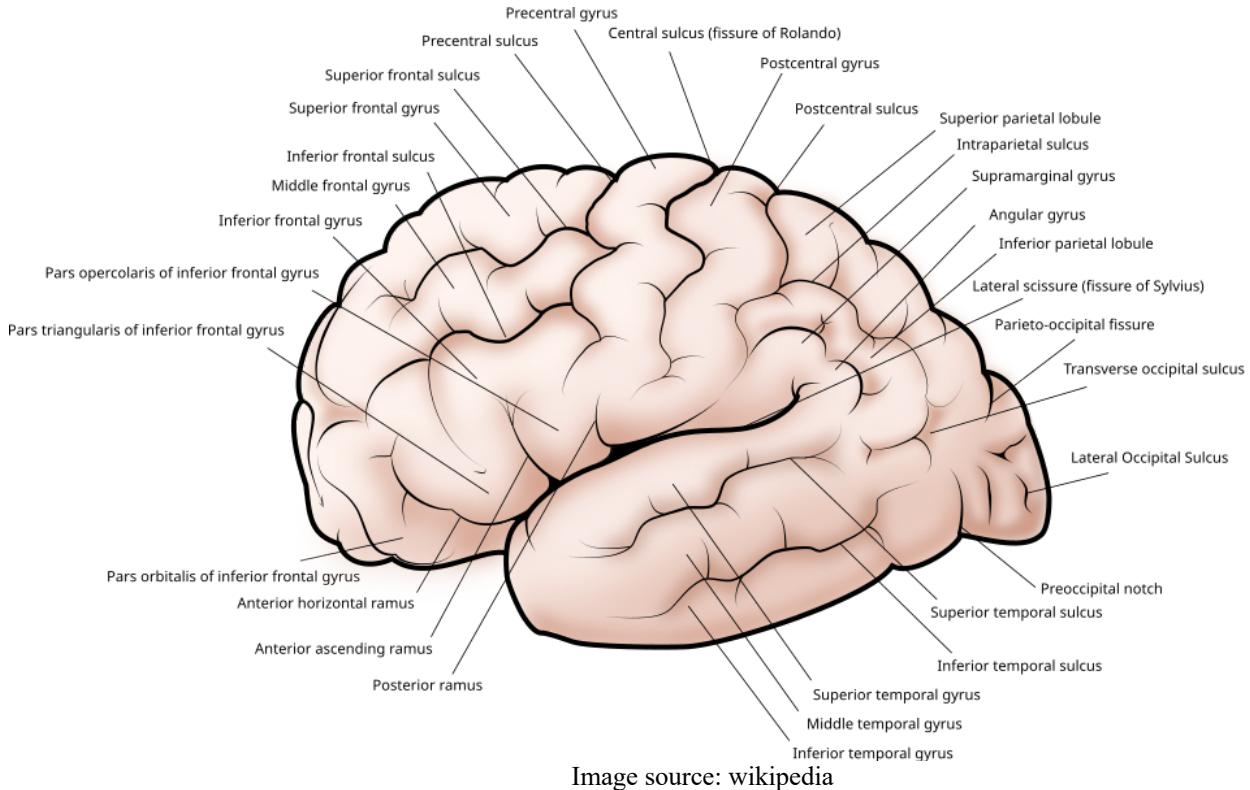
The end result of balance held long enough to crystallize.

### Key Insights:

Tensegrity here is the cosmic body — the way systems hold form while remaining in dynamic relationship. This column shows how universal balance manifests through nurturing (2), insight (7), and clear action (6).

# Nine Palaces of the Inner Temple & Moving Contemplation

Alchemy calls the center of the brain the Crystal Palace, and Medicine pathways have a corresponding idea of the 9 palaces. So you can experiment and explore how this relates to your brain, I've included correspondences based on Western Neuroscience



# The Ancients Mapped the Brain more ways than you will ever know – Here is just one

Niwan Palace	Function / Definition (Daoist)	Approximate Sensory-Motor Cortex / Brain Area Alignment (Western Neuroscience)
1 Xuandan (North)	Root of Spirit; governs essence refinement and lower consciousness	<b>Brainstem</b> / lower limbic system – autonomic regulation, unconscious processes
2 Taihuang (Southwest)	Gate of maternal Earth spirit; energy entry anchor	<b>Parietal</b> cortex – body awareness, integration of sensory input (grounding)
3 Dongfang (East)	Blueprint of life; initiates movement of Yang Qi	<b>Motor</b> cortex (especially related to movement initiation, e.g. premotor cortex)
4 Jizhen (Southeast)	Spiritual clarity and moral Qi; inner compass	<b>Prefrontal</b> cortex – decision-making, moral reasoning, clarity
5 Dantian (Center)	Furnace of alchemy; fusion of Jing and Shen	<b>Hypothalamus</b> / limbic-hypothalamic-pituitary axis – endocrine control, emotional integration
6 Tianting (Northwest)	Center of cosmic law; karmic memory	<b>Hippocampus</b> / medial temporal lobe – memory and inner sense of fate or narrative
7 Liuzhu (West)	Shen refinement; immortal clarity	<b>Occipital</b> cortex / visual cortex – light perception (symbolic of Shen clarity); possibly also pineal gland (light)
8 Mingtang (Northeast)	Ancestral archive; seat of vision and unity	<b>Inner Ear</b> / prefrontal cortex / pineal gland – intuitive insight, inner vision
9 Jade Emperor (South)	Crown of pure Shen; radiant awareness	<b>Crown</b> of head / superior parietal lobule / precuneus / default mode network – self-awareness, spiritual awareness

## Exercise – Navigating the palaces

To set this up, create the Lo Shu Grid on your floor in some form or fashion. You can make landmarks as I have... You can also grab 9 pieces of paper (or even rip one up), and use them as landmarks.

The following is meant to help you experience the movement of this geometry. Some of the terms might be new to you. It's OK. The Numbers always mean the same thing!

### Begin at the Center — 5 (Earth)

Breathe deeply into your lower belly.  
Imagine a golden cauldron resting in the center of  
your body.  
This is the Seat of the Earth — your alchemical  
throne.  
Here, Fire and Water will meet.  
Here, the Queen Mother holds stillness.  
*Inhale: I return to my source.*

### Step into the North — 1 (Water)

Sink your awareness to the kidneys.  
A black ocean, deep and still, stores your  
ancestral essence.  
This is the Jing — the raw substance of life.  
It begins to rise as vapor, a dark mist lifting  
upward.  
*Whisper: From stillness, I rise.*

### Rise to the South — 9 (Fire)

Now enter the Heart — a red sun burns.  
It radiates Shen, the celestial spirit.  
Let this fire gently descend and illuminate, as a  
SunSet.  
Meet the mist from below. Hold the union at the  
center.  
*Whisper: Light meets Dark. Spirit kisses essence.*

### Move to the Northeast — 8 (Earth)

Enter the still mountain.  
It is your spine, your bones, the silence between  
breaths.  
The ancestors wait here, in the marrow.  
This is where the refined Fire condenses into Will.  
*Whisper: In stillness, I remember.*

### Move to the Southeast — 4 (Wood)

Feel a spark rise through your left temple.  
Spring wind moves through bamboo.  
You are beginning to act — choosing direction.  
This is initiation, movement, awakening.  
*Whisper: I choose the Dao.*

### Move to the East — 3 (Wood)

Step into the Liver — the keeper of your  
blueprint.  
A great tree unfolds its limbs — steady, old, wise.  
You were always growing in this direction.  
It is written in your Qi.  
*Whisper: I walk the way of my spirit.*

### Move to the West — 7 (Metal)

Now come to the Lungs — breath becomes  
diamond.  
Refine the Shen. Purify it.  
This is the art of letting go — the path of return.  
*Whisper: I release. I distill.*

### Move to the Northwest — 6 (Metal)

Feel the Sword of Heaven in the back of your  
skull.  
Here lives justice, law, and destiny's design.  
You do not fight it. You align with it.  
What is not real burns away.  
*Whisper: I follow Heaven's edge.*

### Return to the Center — 5

You are no longer traveling.  
You are the cauldron.  
All elements circle and spiral within you.  
Fire and Water are lovers.  
Spirit rises from Earth, born anew.  
*Whisper: I am the union. I am the elixir. I am the  
Dao.*

# Chinese Zodiac and The Sexagenary Cycle

The Sexagenary Cycle is an ancient Chinese calendrical system based on a sixty-year cycle, combining the Ten Heavenly Stems (associated with the Five Elements: Wood, Fire, Earth, Metal, and Water) and the Twelve Earthly Branches (often aligned with the twelve zodiac animals). This system interweaves cosmic rhythms with earthly cycles, serving as a foundation for understanding time, transformation, and the interplay of energies within Taoist philosophy and alchemical practices.

The Sexagenary Cycle is more than just a method of counting years; it is a map of time that reflects cyclic transformation and energetic dynamics. Each cycle represents a unique combination of elemental forces and Yin-Yang principles that influence both personal and environmental energies. The cycle embodies the harmonic interconnection between cosmic patterns and earthly existence, providing a lens through which Taoists view transformation, alchemy, and alignment with universal laws.

## Earth in External Alchemy and the Sexagenary Cycle

In external alchemy, the Earth element serves as the central axis of orientation and stability, aligning the practitioner with the physical environment and its energy flows. Within the framework of the Sexagenary Cycle, Earth's presence provides grounding amidst the shifting energies of other elements, stabilizing the cycle's inherent dynamism. As the only element in the cycle that reappears four times in each round (between each pair of other elements), Earth symbolizes the reliable anchor in the cyclical progression of time, acting as a reset or equilibrium point.

By positioning Earth as the central force within this cycle, Taoist alchemists are able to harmonize human actions with cosmic rhythms. The Sexagenary Cycle, therefore, is not just a temporal measure but a method for aligning personal intentions and practices with the greater flow of time. Each combination of stems and branches carries unique qualities and elemental interactions, allowing practitioners to harness these energies within their alchemical work to achieve balance and transformation.

“The sexagenary cycle, also known as the *ganzhi* or stems-and-branches is a cycle of sixty terms, each corresponding to one year, thus a total of sixty years for one cycle, historically used for recording time in China and the rest of the [East Asian cultural sphere](#) and Southeast Asia.<sup>[1]</sup> It appears as a means of recording days in the first Chinese written texts, the [oracle bones](#) of the late second millennium BC [Shang dynasty](#). Its use to record years began around the middle of the 3rd century BC” – Wikipedia

Your Animal is about the Virtuous Archetype of your birth information. The Element speaks to which of the organ Shen are most active in your chart. You'll meet all of those characters in the 5 Phases Chapter

# Sexagenary Table

Chinese Zodiac Sign	Birth Year Range	Element for 2025	Characteristics of Snake Year
Rat	Born in: 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020	Fire	A year of heightened emotions and opportunities for personal transformation.
Ox	Born in: 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021	Fire	Encourages perseverance in work and long-term goals.
Tiger	Born in: 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022	Fire	Dynamic year fostering growth but urging caution in risks.
Rabbit	Born in: 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023	Fire	Focuses on improving relationships and enhancing creativity.
Dragon	Born in: 1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024	Fire	A time of strong leadership and personal innovation.
Snake	Born in: 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025	Wood	Represents wisdom, planning, and strategic decision-making.
Horse	Born in: 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026	Fire	Encourages passion, but balance is key to avoid overextending.
Goat	Born in: 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015, 2027	Fire	Highlights harmony, nurturing relationships, and personal reflection.
Monkey	Born in: 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028	Fire	Promotes ingenuity, adaptability, and adventurous pursuits.
Rooster	Born in: 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029	Fire	A year to refine skills and remain focused on practical goals.
Dog	Born in: 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, 2030	Fire	Emphasizes loyalty and protecting loved ones during change.
Pig	Born in: 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031	Fire	Encourages enjoying life while seeking personal growth.

## Western Zodiac Correspondences to Lo Shu

Western Zodiac	Season (N Hemisphere)	Chinese Zodiac	Shared Essence
Aries ♈	Spring Equinox	Dragon 🐉	Power, initiation, bold transformation
Taurus ♉	Mid-Spring	Snake 🐍	Sensual wisdom, grounded mysticism
Gemini ♊	Late Spring	Horse 🐾	Communication, motion, expressive energy
Cancer ♋	Summer Solstice	Goat 🐐	Nurturing, sensitivity, emotional depth
Leo ♌	Mid-Summer	Monkey 🐒	Playful charisma, creative intelligence
Virgo ♎	Late Summer	Rooster 🐔	Discernment, precision, refinement
Libra ♏	Fall Equinox	Dog 🐶	Justice, relationship, loyalty
Scorpio ♑	Mid-Autumn	Pig 🐷	Intensity, depth, transformation through pleasure
Sagittarius ♐	Late Autumn	Rat 🐀	Seeking, intellect, visionary optimism
Capricorn ♑	Winter Solstice	Ox 🐂	Endurance, ambition, structural power
Aquarius ♓	Mid-Winter	Tiger 🐅	Innovation, rebellion, assertive will
Pisces ♔	Late Winter	Rabbit 🐇	Dreaming, spiritual receptivity, gentle perception

## Correspondences Between Elemental Shen and the Body

SHEN ORGAN	Shen (神) (Heart)	Hun (魂) (Liver)	Po (魄) (Lungs)	Yi (意) (Spleen)	Zhi (志) (Kidneys -)
Element	Fire (火)	Wood (木)	Metal (金)	Earth (土)	Water (水)
Emotion	Joy (喜)	Anger (怒)	Grief (悲)	Worry (思)	Fear (恐)
Flavor	Bitter (苦)	Sour (酸)	Pungent (辛)	Sweet (甘)	Salty (咸)
Sense Organ	Tongue (舌)	Eyes (目)	Nose (鼻)	Mouth (口)	Ears (耳)
Sound	“Haaaaaa”	“Shhh”	“Ssss”	“Whooo”	“Choo”
Season	Summer (夏)	Spring (春)	Fall (秋)	Late Summer (长夏)	Winter (冬)
Color	Red (红)	Green (绿)	White (白)	Yellow (黄)	Blue/Black (蓝/黑)
Direction	South (南)	East (东)	West (西)	Center (中)	North (北)
Planet	Mars (火星)	Jupiter (木星)	Venus (金星)	Saturn (土星)	Mercury (水星)
Climate	Heat (热)	Wind (风)	Dryness (燥)	Dampness (湿)	Cold (寒)
Tissues	Blood vessels (脉)	Tendons (筋)	Skin (皮)	Muscles (肉)	Bones (骨)

## Lo Shu Crystal Allies

These are based on this system. If you are in a system that would chart these differently, please default to the system you prefer. This is one of the most amazing aspects of Lo Shu – as long as what you place is consistent to the pattern, it will fall into harmony

	<b>Ally</b>	<b>Cell</b>	<b>Frequency</b>
1	Black Obsidian	Deep Memory	Protection, subconscious release
2	Carnelian	Receptive Embodiment	Vitality, creative flow
3	Citrine	Action Spark	Personal power, forward momentum
4	Smoky Quartz	Ancestral Root	Grounding, clearing inherited patterns
5	Clear Quartz	Earth Center	Amplification, integration, clarity
6	Selenite	Celestial Insight	Light transmission, upper clearing
7	Lapis Lazuli	Expressive Voice	Truth, inner resonance, higher vision
8	Amethyst	Soul Pattern	Intuition, psychic protection, dreaming
9	Garnet	Transformational Fire	Rooted passion, heart power, alchemy

## Music Harmony Chart

<b>Number</b>	<b>Tone</b>	<b>Cell</b>	<b>Frequency / Function</b>
1	D (Re)	Deep Memory	Water tone; opens flow, emotional access, dreaming
2	F (Fa)	Receptive Embodiment	Earth tone; grounding, nourishing, Yin containment
3	G (Sol)	Action Spark	Wood tone; momentum, courage, energetic emergence
4	A (La)	Ancestral Root	Foundation tone; integrity, core regulation
5	C (Do)	Earth Center	Central tone; harmonizer, integrator, cauldron of self
6	B (Ti)	Celestial Insight	Heaven tone; clarity, Shen alignment, upper light
7	E (Mi)	Expressive Voice	Metal tone; truth, voice, vibratory coherence
8	D# / Eb	Soul Pattern	Portal tone; dreaming, DNA resonance, higher Yin
9	F# / Gb	Transformational Fire	Alchemy tone; heart ignition, upward spiraling flame

## Lo Shu Solfeggio

<b>Number</b>	<b>Hz Frequency</b>	<b>Cell</b>	<b>Frequency Function</b>
1	396 Hz	Deep Memory	Liberates guilt and fear, restores emotional flow
2	417 Hz	Receptive Embodiment	Facilitates change, clears womb-level patterns
3	528 Hz	Action Spark	DNA repair, solar empowerment, Qi activation
4	639 Hz	Ancestral Root	Harmonizes relationships, strengthens cellular trust
5	432 Hz	Earth Center	Natural resonance of Earth, balance, deep coherence
6	852 Hz	Celestial Insight	Awakens intuition, aligns to higher consciousness
7	741 Hz	Expressive Voice	Expression, truth, detoxification, vibratory clarity
8	963 Hz	Soul Pattern	Pineal activation, cosmic remembrance, spirit tuning
9	111 Hz	Transformational Fire	Cellular regeneration, spiritual ignition, heart power

## Moving With the Numbers

<b>Number</b>	<b>Movement / Shape</b>	<b>Cell</b>	<b>Frequency Function</b>
1	Spiral inward (hips, pelvis)	Deep Memory	Descent into the waters, initiate the flow inward
2	Circle (figure-8 in low belly)	Receptive Embodiment	Womb rotation, containment, feminine looping
3	Step forward + reach (diagonal)	Action Spark	Breaking inertia, directional initiation
4	Squat or fold (compact root)	Ancestral Root	Lower body compression, ancestral descent
5	Still center + slow pulse	Earth Center	Axis holding, rhythm of presence, micro-movement
6	Rising arms, open crown	Celestial Insight	Vertical lift, open to light, Shen call
7	Sound + gesture (open throat, hands out)	Expressive Voice	Voice with mudra, tone meets action
8	Sway + turn (shoulders + skull)	Soul Pattern	Dream spiral, light twist, multidimensional shift
9	Stomp + flame breath (chest pop)	Transformational Fire	Activate fire, ignite the heart, rise with power

# Chakra Correspondences

#	Chakra Name	Traditional Function	Lo Shu	Lo Shu Lens
1	Root (Muladhara)	Survival, stability, belonging, somatic foundation	4	Pattern holding, root of Earth structure
2	Sacral (Svadhisthana)	Creativity, sexuality, flow, pleasure	2	Yin depth, pleasure through containment
3	Solar Plexus (Manipura)	Power, action, digestion, self-definition	3	Thunder of will, first emergence of directed Qi
4	Heart (Anahata)	Love, compassion, relational awareness, balance	5	Center point, all phases meet, Earth consciousness
5	Throat (Vishuddha)	Voice, truth, resonance, energetic boundary	7	Expressive Metal, transmission, voice of the Shen
6	Third Eye (Ajna)	Vision, intuition, pattern recognition, inner knowing	1	Water intelligence, return to stillness and vision
7	Crown (Sahasrara)	Unity, higher consciousness, divine awareness	6	Heavenly clarity, gateway to Shen and Source
8	Soul Star	Oversoul, ancestral wisdom, purpose beyond self	8	Spirit return, integration of lineage and light
9	Earth Star	Deep grounding, ancestral patterning, energetic boundary	9	Root fire, incarnation spark, will to descend

## Tarot Suits as Elements using the 5 Phases

Suit	Western Element	Daoist Phase	Somatic / Archetypal Role
Swords	Air	Metal	Clarity, discernment, boundaries, structure
Cups	Water	Water	Feeling, memory, flow, depth
Wands	Fire	Fire	Willpower, identity, transformation
Pentacles	Earth	Earth	Nourishment, embodiment, stability

The Metal Qualities of Swords

**Edges & Boundaries** → Metal governs the Lungs and Large Intestine in TCM: inhale discernment, exhale what no longer serves

**Justice, Precision, Logic** → Swords are the cutters of illusion, just like Metal is the element of refinement and truth

**Autumnal Energy** → In the Five Phases, Metal rules autumn, which is about contraction, sorting, and preparing for stillness

**Psychospiritually**, Swords often show up in times of: Ethical crossroads Decisions that cut  
Need for clarity, honor, or release All Metal themes.

# Mapping the Major Arcana to Lo Shu Logic

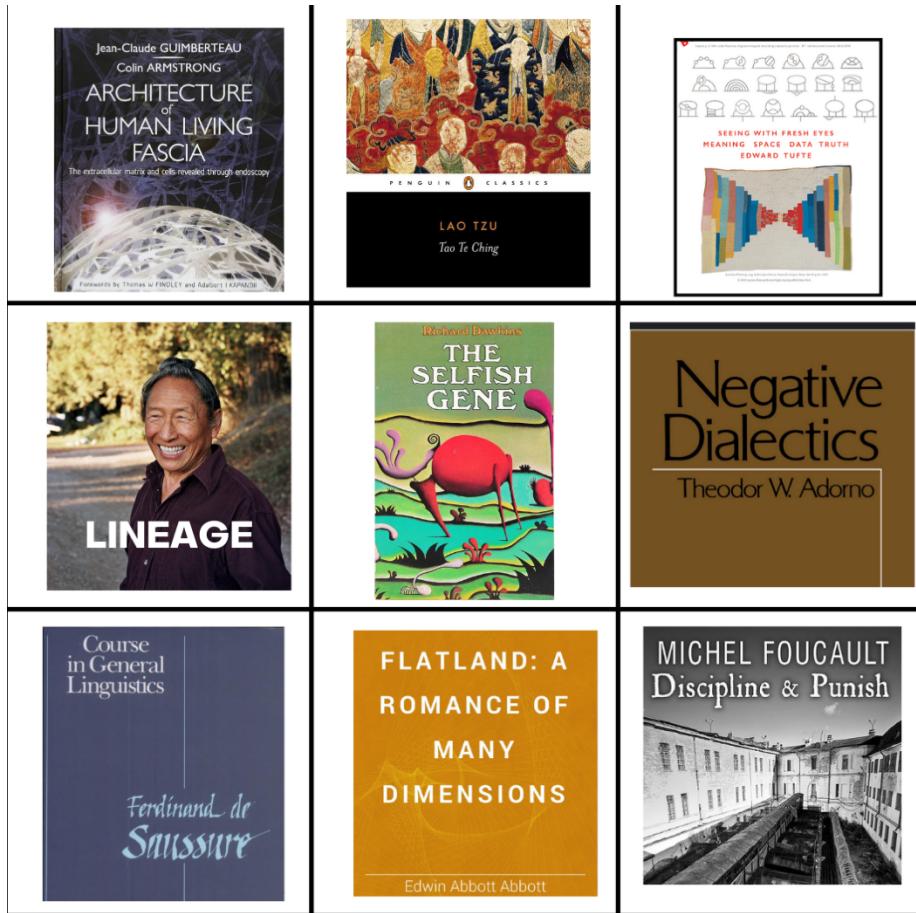
Card	Tarot Archetype	Daoist Correspondence	Role in Cosmology	Shen Type
0	The Fool	The Dao / Wuji 无极	The Unborn Origin, spontaneous source of all	Cosmic Void
1	The Magician	Lü Dongbin 吕洞宾	Scholar-Alchemist, cultivator of inner power	Immortal
2	The High Priestess	He Xiangu 何仙姑	Feminine Wisdom, lunar spirit, receptive knowing	Immortal
3	The Empress	Dou Mu 斗母元君	Celestial Womb, nourisher of stars and souls	Deity (Goddess)
4	The Emperor	Jade Emperor 玉皇大帝	Heavenly authority, ruler of cosmic order	Sovereign
5	The Hierophant	Taishang Laojun (Laozi) 太上老君	Cosmic teacher, transmitter of Dao	Immortal / Sage
6	The Lovers	Fuxi & Nüwa 伏羲与女娲	Primordial union, ancestors of form and lineage	Culture Heroes
7	The Chariot	Zhang Guolao 张果老	Eccentric mystic, nonlinear initiator of change	Immortal
8	Strength	Zhongli Quan 钟离权	Martial healer, strength through internal alignment	Immortal
9	The Hermit	Old Man of the South Pole 南极仙翁	Longevity, inward gaze, still guidance	Immortal
10	Wheel of Fortune	Three Sovereigns 三皇	Cycles of Heaven-Human-Earth, pattern regulators	Sovereigns (Triad)
11	Justice	Cao Guojiu 曹国舅	Noble patron, inner judgment, karmic balance	Immortal
12	The Hanged Man	Li Tieguai 李铁拐	Sacrifice, altered form, healing through reversal	Immortal
13	Death	Yin Xi 尹喜	Guardian of gateways, end as initiation	Immortal / Guardian
14	Temperance	Han Xiangzi 韩湘子	Harmonizer, musician, vibration as medicine	Immortal
15	The Devil	Lei Gong & Dian Mu 雷公与电母	Thunder spirits, fierce truth and purification	Deities (Duality)
16	The Tower	Erlang Shen 二郎神	Third eye warrior, seer and destroyer of illusion	Deity / Warrior God
17	The Star	The Big Dipper Lords 北斗星君	Cosmic guidance, astral navigators	Celestial Spirits
18	The Moon	Chang'e 嫦娥	Moon immortal, reflection, emotional transcendence	Immortal
19	The Sun	Hou Yi 后羿	Archer of Suns, solar clarity, light bringer	Culture Hero

20	Judgement	Kṣitigarbha (Dizang) 地藏菩 薩	Guardian of karma and rebirth, compassion in action	Bodhisattva / Deity
21	The World	Queen Mother of the West 西王母	Keeper of immortality, completion and return	Deity (Goddess)
22	Yang ☰ (Qian – Heaven)	Qian Shen / Heavenly Spirit 天 神	Pure Yang, initiating Spirit, Heaven-force	Cosmic Shen
23	Yin ☷ (Kun – Earth)	Hou Tu / Earth Sovereign 后土	Pure Yin, Earth matrix, sacred containment	Cosmic Jing

Immortals are like Ascended Masters. They were human and are now forever.

# Lo Shu “By the Books” – Suggested Reading

These are aligned to their corresponding concepts. In the Lineage cell, I placed Lama Tharnchin Rinpoche, who was a friend and a fellow contemplator of consciousness.



## 📚 Lo Shu-Inspired Interpretive Reading List

### **Top Row: Architecture of Human Living Fascia**

Guimberteau, Jean-Claude, and Colin Armstrong. *Architecture of Human Living Fascia: The Biotensegrity of the Extracellular Matrix Revealed Through In Vivo Imaging*. Handspring Publishing, 2016.

Essence: The biological matrix — tensegrity in tissue. A literal map of how the human body behaves as a living system of compression and suspension.

Study Focus: Embodiment, structure, fascia as information field

### **Lao Tzu. Tao Te Ching. Translated by D.C. Lau, Penguin Classics, 1963.**

Essence: The source document of internal alchemy and non-dual flow. Root wisdom of Wu Wei and transformation through emptiness.

Study Focus: Cosmic law, non-action, Daoist metaphysics

### **Tufte, Edward. Seeing with Fresh Eyes: Meaning, Space, Data, Truth. Graphics Press, 2020.**

Essence: The visual structure of truth. How we shape, misread, or clarify data through visual space.

Study Focus: Information aesthetics, clarity, geometry as truth tool

## **Lineage**

Essence: The ancestral transmission of living wisdom. Rooted in oral, embodied knowledge passed teacher to student.

Study Focus: Spiritual lineage, initiation, embodied knowing

## **Dawkins, Richard. *The Selfish Gene*. Oxford University Press, 1976.**

Essence: The cultural and biological meme. Mechanisms of inheritance and evolutionary patterning, both genetic and ideological.

Study Focus: Systems thinking, pattern propagation, memory

## **Adorno, Theodor W. *Negative Dialectics*. Translated by E.B. Ashton, Continuum, 1973.**

Essence: The self-refuting system. Conscious resistance to closure, embracing complexity without false synthesis.

Study Focus: Critical theory, recursion, philosophical subtlety

## **Saussure, Ferdinand de. *Course in General Linguistics*. Edited by Charles Bally and Albert Sechehaye, translated by Wade Baskin, McGraw-Hill, 1966.**

Essence: The code layer — language as structure, as a grid that defines perception.

Study Focus: Semiotics, symbolic systems, mapping thought through form

## **Abbott, Edwin A. *Flatland: A Romance of Many Dimensions*. Seeley & Co., 1884.**

Essence: The dimensional bridge — a mind-expanding fiction that invites readers to visualize higher spatial dimensions.

Study Focus: Perception, paradigm shifts, dimension theory

## **Foucault, Michel. *Discipline and Punish: The Birth of the Prison*. Translated by Alan Sheridan, Pantheon Books, 1977.**

Essence: The architecture of power. How systems of knowledge shape bodies, space, and time.

Study Focus: Biopolitics, surveillance, institutional shaping of reality

## Interpreting the Whole Grid

### **• Vertical Axis:**

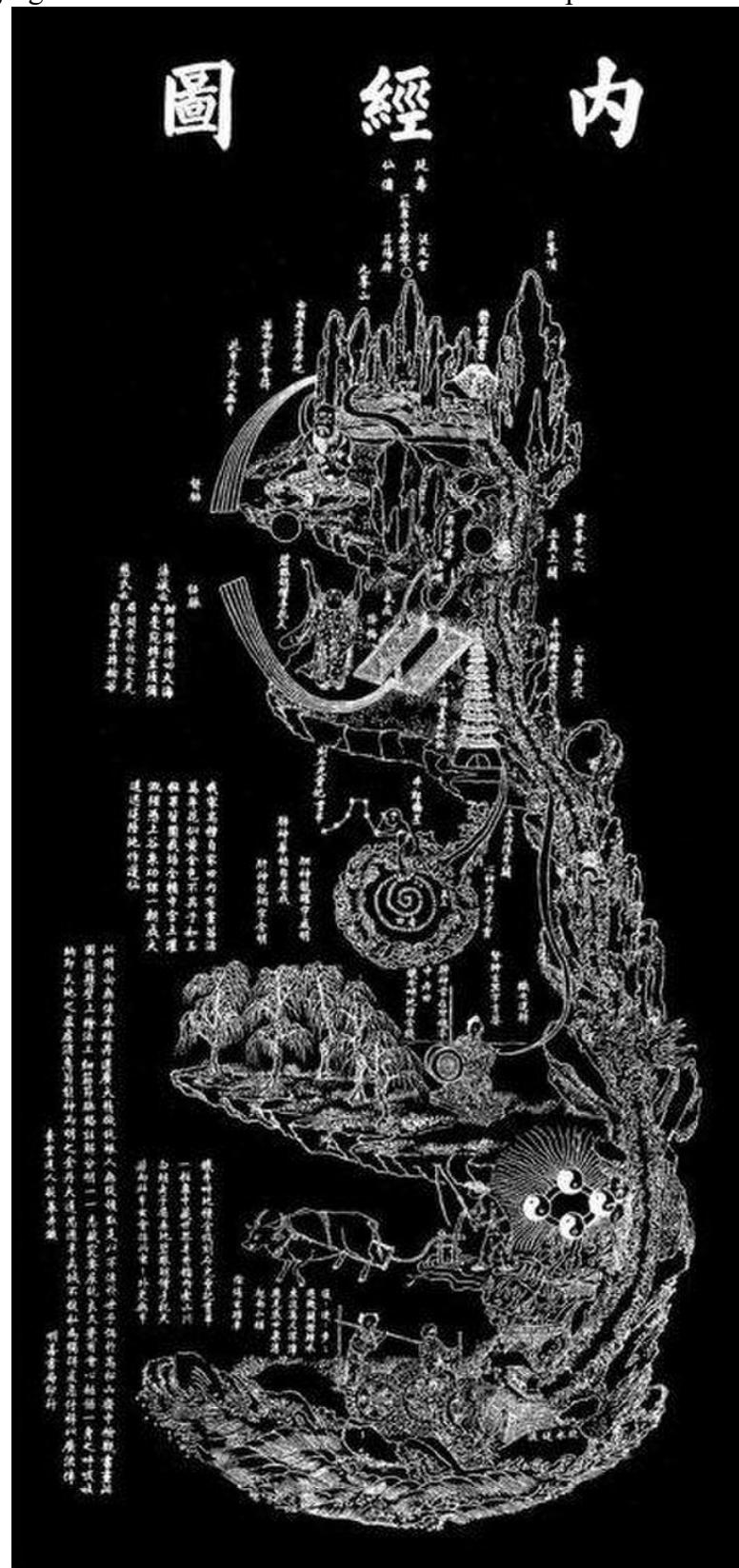
- Left Column: Biological > Ancestral > Structural linguistics
- Middle Column: Dao > Evolution > Higher dimensionality
- Right Column: Data / Design > Dialectics > Disciplinary systems

### **• Horizontal Axis:**

- Top Row: Systems of **perception and ideology**
- Middle Row: Systems of **inheritance and awareness**
- Bottom Row: Systems of **form, flow, and material structure**

# The Inner Landscape Lo Shu 6&7

I have assigned the Neijing Tu – Chart of the Inner Realm – as the map. This is the Dark Variation



# Shentegrity: The Lo Shu in Action

The Lo Shu Grid is often seen as symbolic — a numerological container, a cosmological diagram. But when approached through the structural logic of *Shentegrity*, it becomes something far more provocative: a kinetic tensegrity field that maps the behavior of living geometry in relation to perception, gravity, and recursion.

At its core, Shentegrity asks a simple question:

What forms are possible at the scale of human perception?

The answer — in Lo Shu — reveals itself through triangles.

## Triangles Are the Foundation of Form

Each position in the Lo Shu grid can be aligned with a tensegrity triangle subtype — scalene, isosceles, equilateral — and its behavior in physical or perceptual space. Most of these can be modeled in 3D: scalene distortion in Earth (8), isosceles balance in Water (1), even hierarchical isosceles in Wood (3). But the Metal Corner (6 and 7) violates this.

There is no such thing — in real geometry — as:

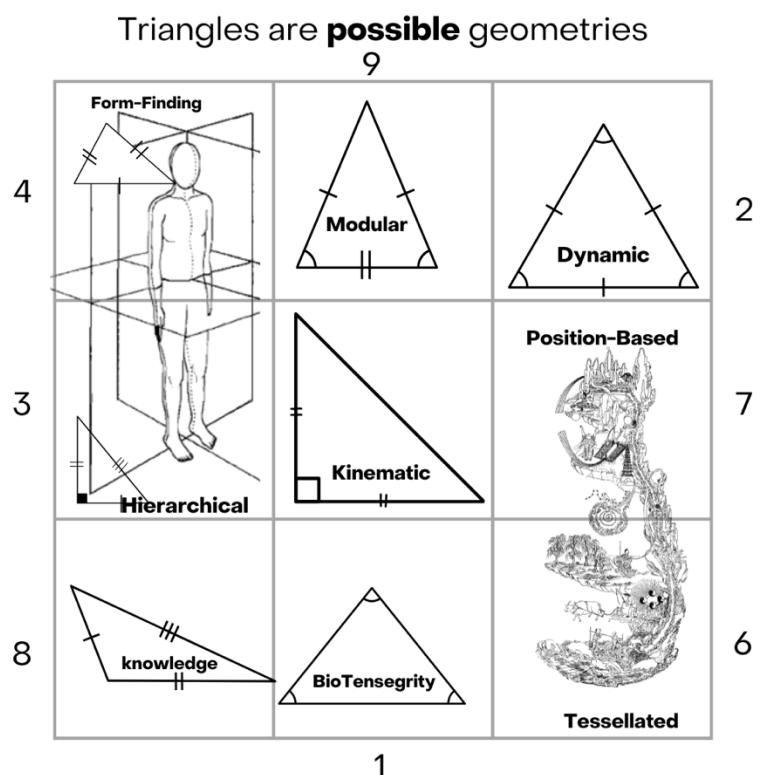
- an equilateral right triangle
- an equilateral obtuse triangle

These do not exist in Euclidean space. They are impossible.

And yet that is what Lo Shu 6 (Metal) and 7 (Metal) create — *rightness and recursion held as equilateral structure*.

This is where **physics enters the field**.

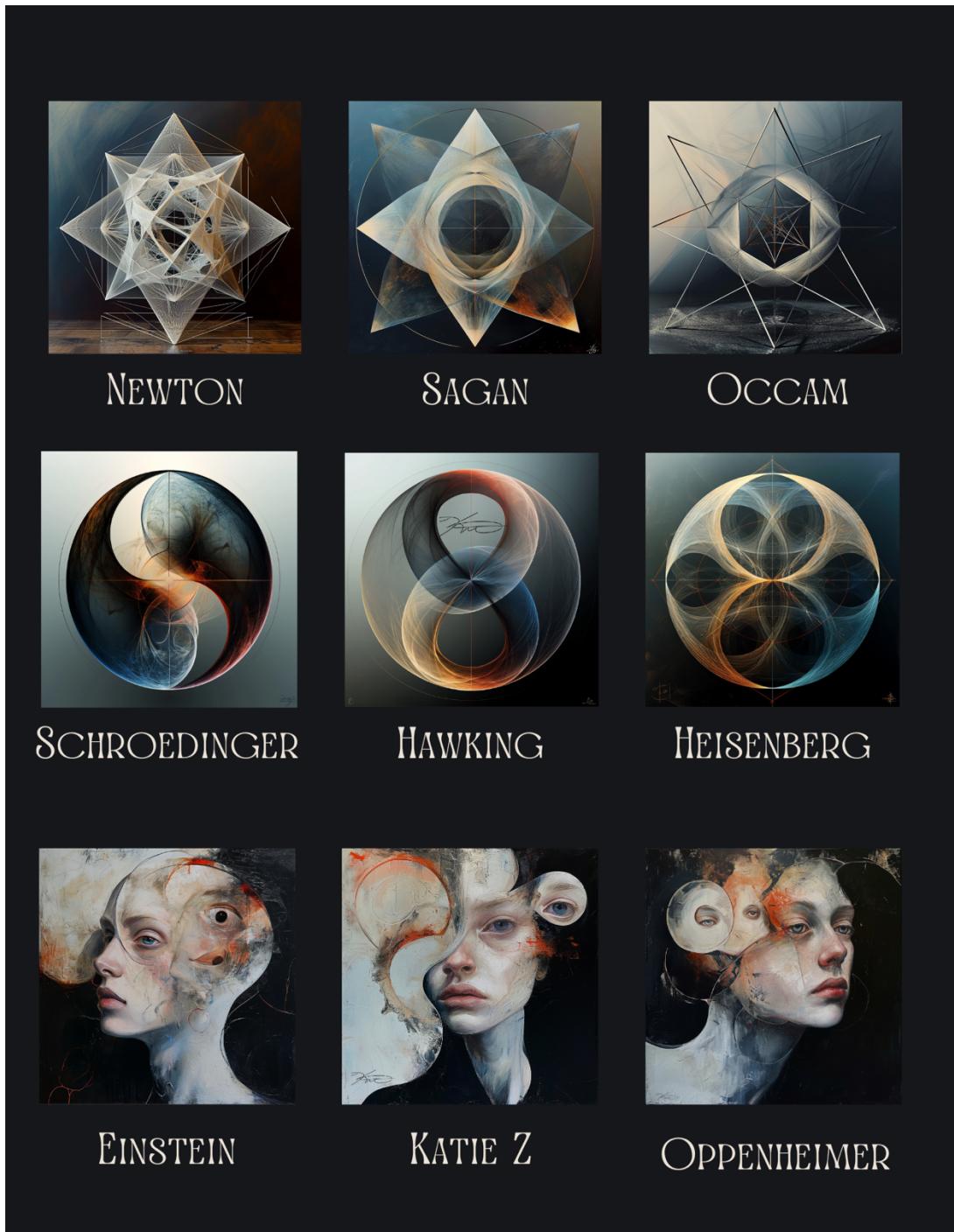
*If Lo Shu is a map of dimensional coherence, then 6 and 7 are the edges where the grid becomes waveform.*



# Physics Correspondences as Art

This grid plots Humans of Physics onto the Lo Shu Grid. Einstein is at 8 – Genetics. I'm at 1 – Memetics, and. Oppenheimer is at 6 – Epigenetics.

My personal opinion is that anyone sincerely contemplating Physics must also be doing everything we can to avoid the massive error of the Oppenheimer Effect – and it isn't the one that became the Nobel Prize – it's the one that created the Bombs the US dropped in Japan.



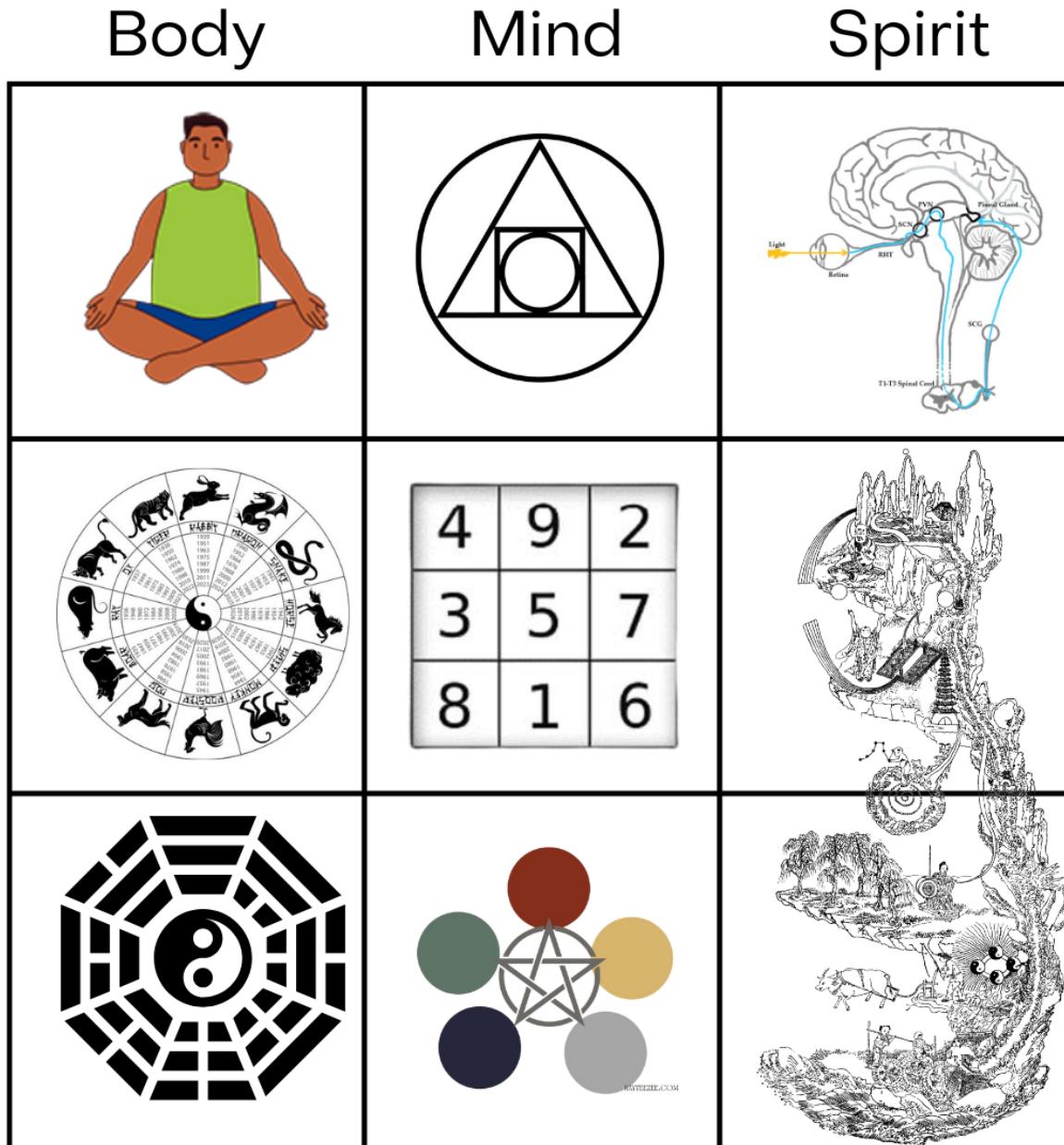
# Lo Shu Mapping for the Body, Mind and Spirit.

Here, Body means Somatics, Mind means Alchemical Systems, and Spirit means Meditation and the Inner Light of the Pineal Gland. You also see the zodiac from China, the fractal center, and the Neijing Tu – chart of the Inner landscape.

As Columns, the Body Column is YOU, your zodiac, and your Bagua

The middle Column is the framework for your alchemy (I used the standard geometry) < the fact of the fractal nature of the Lo Shu Grid, and the 5 Elements of Chinese Medicine – aligned to your body.

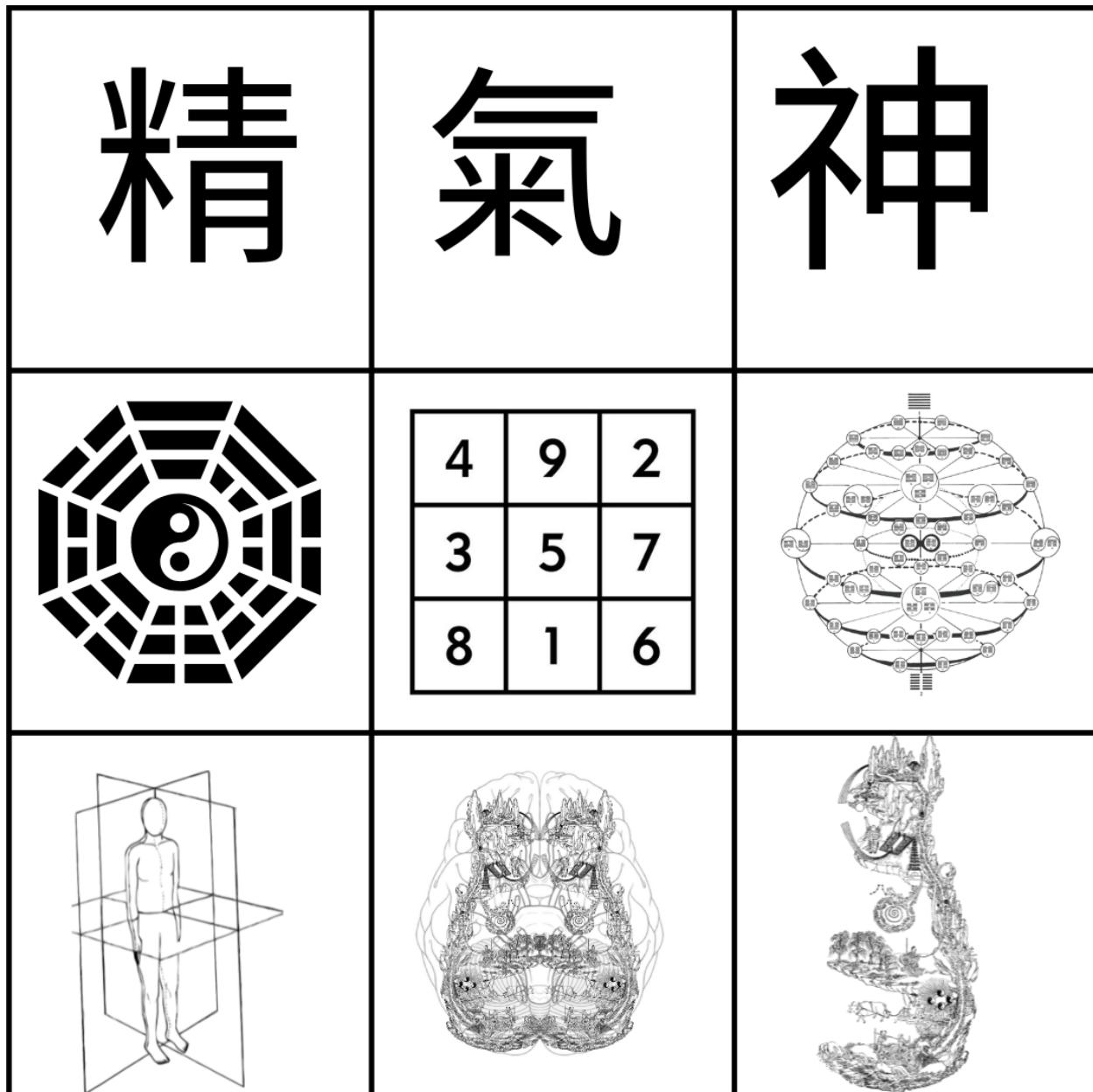
The Spirit Column is the Pineal experience as it influences the Inner Landscape



## Three Treasures Mapping – Jing Chi Shen

Jing Chi and Shen are represented as characters in the top row. Jing corresponds to Earth. Chi corresponds to Fire. Shen Corresponds to Water. IN the Middle Row, we have the maps of Bagua, Lo Shu, and the iCHing (Tarot of your choice). The Bottom row says that

Jing = Whole Human. CHI = Whole Brain. Shen = Whole Spirit

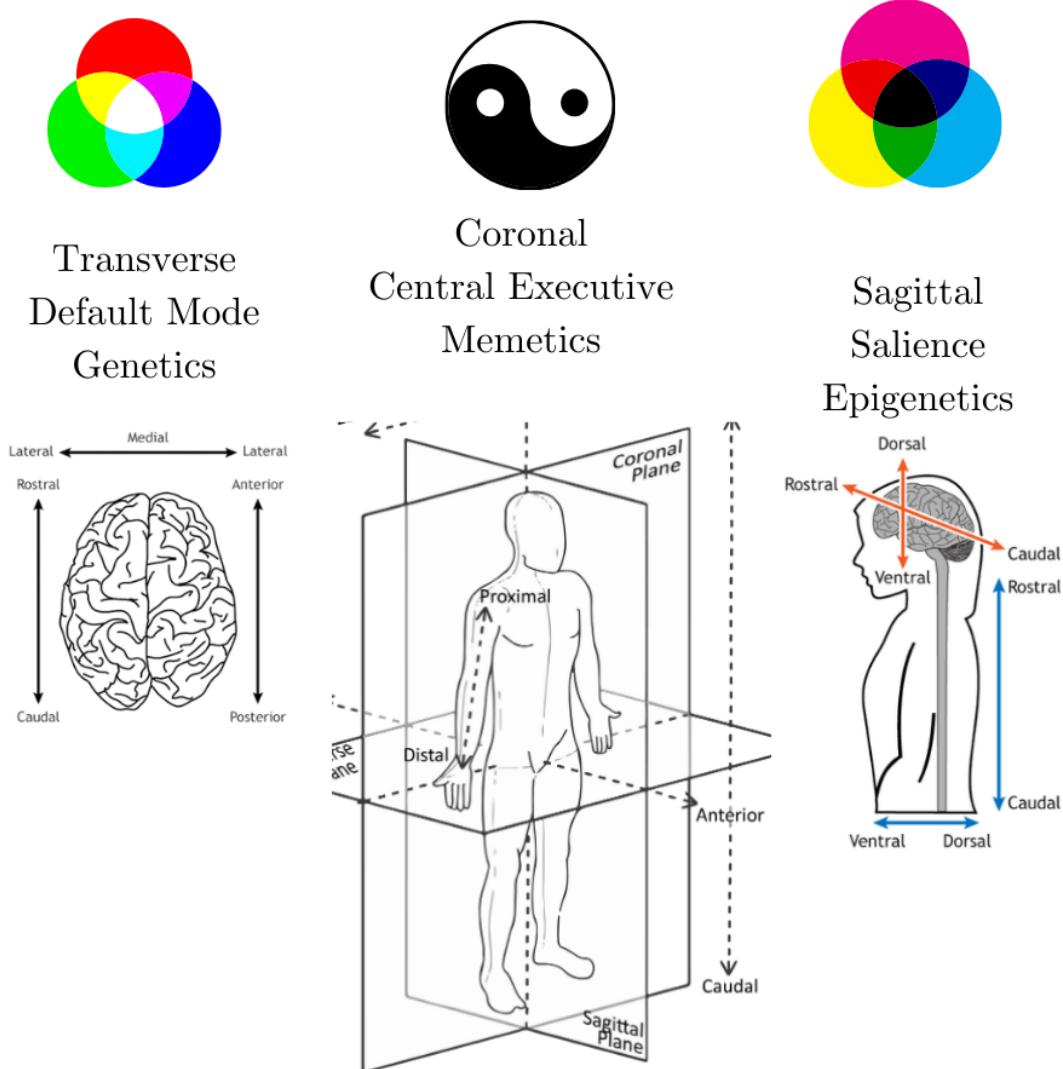


# Alignments to Gravity – RGB, CMY, B&W

This visualizes how you and I experience gravity through the three neural networks in our brain. The color wheel that combines to White aligns to sunlight only. The Sagittal – CMY wheel aligns to Perception, Pigment, and the way we construct our world – this includes all media. The Black and White algins to our architecture as dimensional and the Bagua – the 8 sections of Human correspond to the 8 sections of the trigram.

This alignment makes many things possible, which are visualized on the following pages

## Alignments to Gravity



## EMF & 9 Cranial Nerves

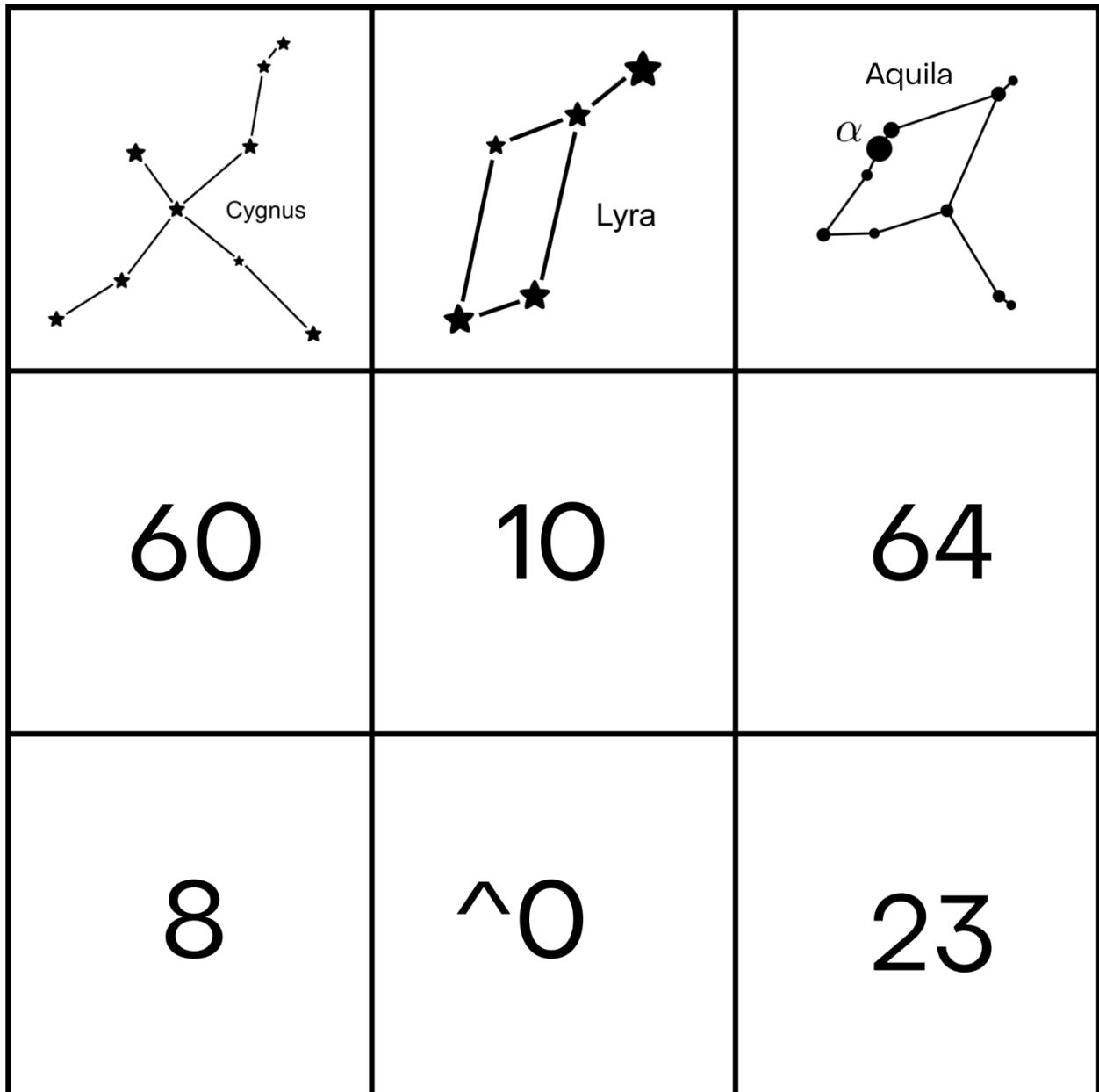
This plotting contemplates the visible spectrum – aligned to the Top Row –as it relates to the impossible geometries of Lo Shu 6 and 7. By adjusting for the 3<sup>rd</sup> Dimension, this alignment is a way to contemplate the Pineal Pathways in our brain. These pathways create circadian rhythms and are based on the existence of light – not the experience of sight.

# SHENTEGRITY & EM

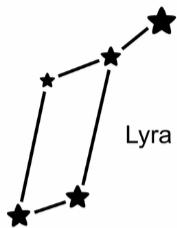
	Scalene biotensegrity	Isosceles shentegrity	EquiAngular tensegrity
ACUTE	Troclear (eye movement) 4	Glossopharyngeal Taste - back tongue), swallowing, saliva 9	Optic (vision) 2
RIGHT	Oculomotor (eye movement) 3	Trigeminal (facial sensations) 5	Facial expression, tongue front saliva & tears 7
OBTUSE	Vestibulocochlear balance & move 8	Olfactory (smell) 1	Abducens lateral eye movement 6

## Summer Triangle Base Number Alignments

Inner Alchemy is based on three stars: Deneb (Cygnus), Vega (Lyra) and Altair (Aquila). For this grid, I aligned the constellations to their tensegrities and am showing what the BASE number logic is for the cells. This could be a way to contemplate Zodiac, Inherited Trauma, and Cosmology



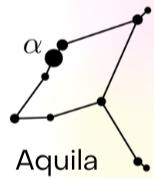
## Pineal Pathway -Shen Chi Jing



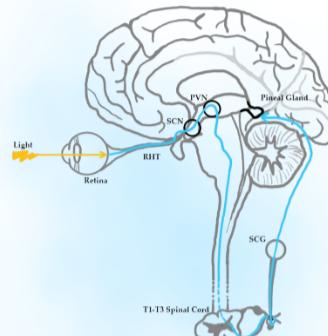
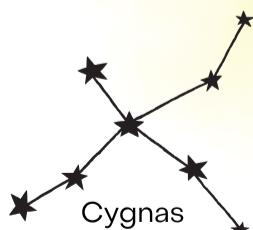
**SHEN/Vega**  
galactic water  
pineal gland

**CHI/Altair**  
galactic fire

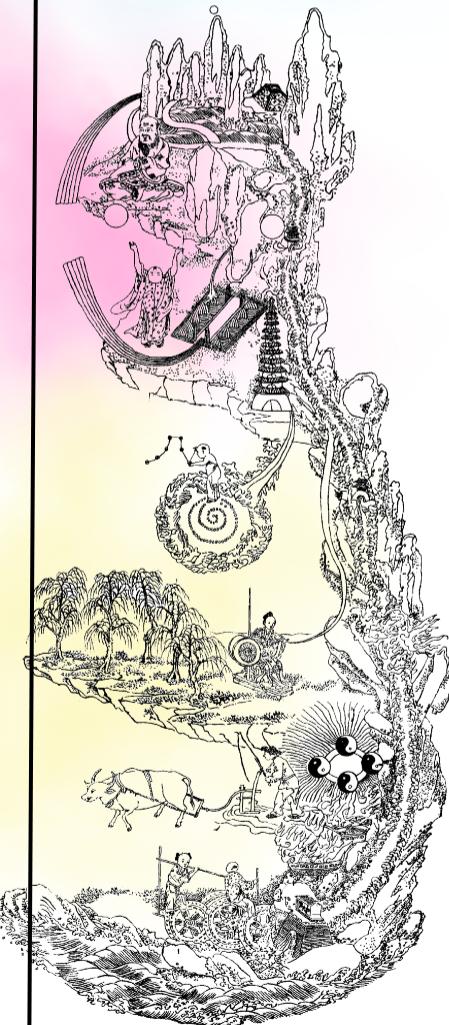
Altair



**JING/Earth**  
galactic earth  
human - Deneb



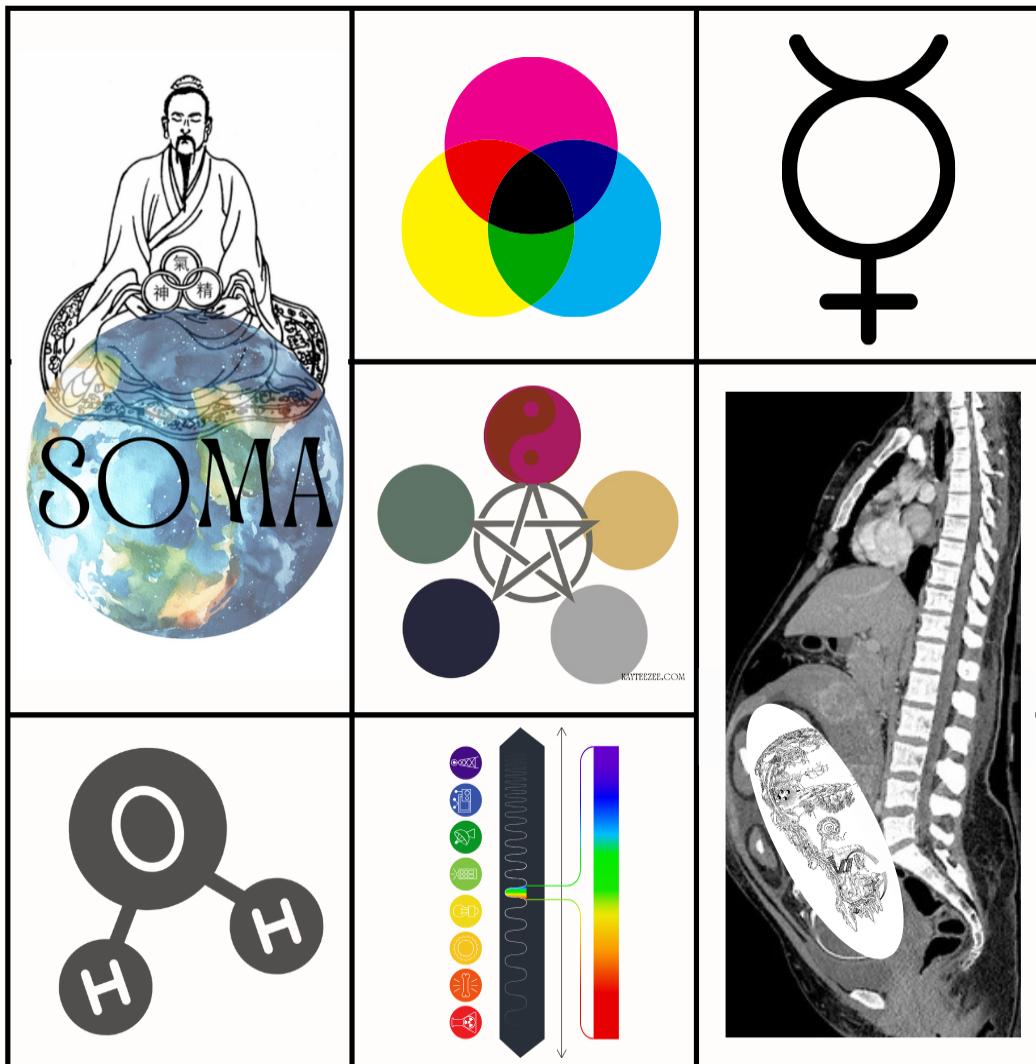
4	9	2
3	5	7
8	1	6



# Mercury Alignment- Human Inherent

When the Ancients were designing and developing these alchemical frameworks, they were working with radioactive isotopes and arsenic, but they didn't have x-ray machines, anesthesia, or stethoscopes. This interpretation of the Lo Shu grid places the visible light spectrum in the 1 spot, as that is what we can see with the naked eye.

What flows is the metal element as the possibility of birth, and the wood element as contemplating it. The Three Earths become – Water, Fire, Metal



# I Ching Table: A Galactic Extension of the Grid

While the Lo Shu Grid holds the nine archetypal palaces of life, the **I Ching's 64 hexagrams** offer a fractal unfolding — 64 expressions of polarity, movement, and change. This table is offered not as a separate system, but as a **dimensional elaboration** of the Lo Shu pattern. Each hexagram may be viewed as a "tuning fork" of frequency, reflecting the deeper flows beneath the nine cells. In this book's cosmology, **Lo Shu 6 and 7** represent the celestial edge of the grid — Heaven (乾 Qián) and Joy (兑 Dui). The I Ching hexagrams aligned with these trigrams (like Hexagram 1 and Hexagram 58) are not just structurally resonant — they **amplify** the themes of authority, refinement, expression, and release. May this table support your journey into symbolic fluency, recursive wisdom, and multidimensional perception.

#	Chinese	Pinyin	Trigrams	Theme	Lo Shu Tie-In
1	乾	Qián	☰ Heaven / ☰ Heaven	Creative Force	6 - Metal, NW (Qian)
2	坤	Kūn	☷ Earth / ☷ Earth	Receptive Earth	2 - Earth, SW (Kun)
3	屯	Zhūn	☳ Thunder / ☵ Water	Difficulty at the Beginning	3 / 1 - Wood and Water
4	蒙	Méng	☵ Water / ☶ Mountain	Youthful Folly	1 / 8 - Water and Earth
5	需	Xū	☰ Heaven / ☰ Water	Waiting	6 / 1 - Heaven and Water
6	讼	Sòng	☵ Water / ☰ Heaven	Conflict	1 / 6 - Water and Metal
7	師	Shī	☷ Earth / ☷ Water	The Army	2 / 1 - Earth and Water
8	比	Bǐ	☱ Water / ☷ Earth	Holding Together	1 / 2 - Water and Earth
9	小畜	Xiǎo Chù	☰ Heaven / ☵ Wind	Small Taming Power	6 / 4 - Heaven and Wood
10	履	Lǚ	☱ Lake / ☰ Heaven	Treading	7 / 6 - Metal and Heaven
11	泰	Tài	☷ Earth / ☰ Heaven	Peace	2 / 6 - Earth and Heaven
12	否	Pǐ	☰ Heaven / ☷ Earth	Standstill	6 / 2 - Heaven and Earth
13	同人	Tóng Rén	☰ Heaven / ☰ Fire	Fellowship with Men	6 / 9 - Heaven and Fire
14	大有	Dà Yǒu	☲ Fire / ☰ Heaven	Possession in Great Measure	9 / 6 - Fire and Heaven
15	謙	Qiān	☶ Mountain / ☷ Earth	Humility	8 / 2 - Mountain and Earth
16	豫	Yù	☳ Earth / ☵ Thunder	Enthusiasm	2 / 3 - Earth and Wood
17	隨	Suí	☱ Lake / ☷ Thunder	Following	7 → 3 (Joy follows action)
18	蠱	Gǔ	☶ Mountain / ☵ Wind	Work on the Decayed	8 + 4 (Stillness meets growth)
19	臨	Lín	☷ Earth / ☰ Lake	Approach	2 → 7 (Earth receives Metal)
20	觀	Guān	☱ Lake / ☷ Earth	Contemplation	7 → 2 (Joy contemplates root)
21	噬嗑	Shì Kè	☲ Fire / ☷ Thunder	Biting Through	9 → 3 (Fire activates Wood)

22	賁	Bì	☰ Mountain / ☷ Fire	Grace	8 → 9 (Stillness radiates Fire)
23	剝	Bō	☷ Earth / ☷ Mountain	Splitting Apart	2 → 8 (Earth breaks Earth)
24	復	Fù	☰ Mountain / ☷ Earth	Return	8 → 2 (Stillness returns to soil)
25	無妄	Wú Wàng	☰ Heaven / ☷ Thunder	Innocence	6 → 3 (Metal meets Wood impulsively)
26	大畜	Dà Chù	☰ Mountain / ☷ Heaven	Great Taming Power	8 → 6 (Stillness grounds force)
27	頤	Yí	☷ Thunder / ☷ Mountain	Nourishment	3 → 8 (Growth depends on center)
28	大過	Dà Guò	☷ Lake / ☷ Fire	Great Exceeding	7 → 9 (Joy feeds Fire)
29	坎	Kǎn	☵ Water / ☷ Water	The Abysmal	1 - Water (true essence, hidden flows)
30	離	Lí	☲ Fire / ☷ Fire	Clarity	9 - Fire (Shen, radiance)
31	咸	Xián	☱ Lake / ☷ Mountain	Influence	7 + 8 (Joy grounds into body)
32	恆	Héng	☳ Thunder / ☷ Wind	Duration	3 + 4 (Wood aligned in motion)
33	遯	Dùn	☰ Heaven / ☷ Mountain	Retreat	6 → 8 (Heaven finds stillness)
34	大壯	Dà Zhuàng	☳ Thunder / ☷ Heaven	Great Power	3 → 6 (Wood rises to Heaven)
35	晉	Jìn	☲ Fire / ☷ Earth	Progress	9 → 2 (Fire illuminates Earth)
36	明夷	Míng Yí	☰ Earth / ☷ Fire	Darkening of the Light	2 → 9 (Earth dims Fire)
37	家人	Jiā Rén	☲ Fire / ☷ Wind	Family	9 + 4 (Fire guided by Wind)
38	睽	Kuí	☱ Lake / ☷ Fire	Opposition	7 + 9 (Joy refracted through Fire)
39	蹇	Jiǎn	☵ Water / ☷ Mountain	Obstruction	1 + 8 (Water frozen in stillness)
40	解	Xiè	☰ Mountain / ☷ Water	Liberation	8 + 1 (Stillness releases flow)
41	損	Sǔn	☰ Mountain / ☷ Lake	Decrease	8 + 7 (Stillness quiets joy)
42	益	Yì	☴ Wind / ☷ Thunder	Increase	4 + 3 (Expansion in harmony)
43	夬	Guài	☰ Heaven / ☷ Lake	Breakthrough	6 + 7 (Heaven clarifies joy)
44	姤	Gòu	☱ Lake / ☷ Heaven	Coming to Meet	7 + 6 (Joy meets the creative)
45	萃	Cuì	☰ Earth / ☷ Lake	Gathering Together	2 + 7 (Earth gathers Metal)

46	升	Shēng	☰ Wind / ☷ Earth	Pushing Upward	4 + 2 (Wood lifts Earth)
47	困	Kùn	☷ Lake / ☷ Water	Oppression	7 + 1 (Joy submerged in Water)
48	井	Jǐng	☵ Water / ☷ Fire	The Well	1 + 9 (Water feeds Fire)
49	革	Gé	☲ Fire / ☷ Lake	Revolution	9 + 7 (Fire reshapes joy)
50	鼎	Dǐng	☲ Fire / ☷ Wind	The Cauldron	9 + 4 (Fire stirs Wood)
51	震	Zhèn	☳ Thunder / ☷ Thunder	Arousing	3 - Double Wood (active expansion)
52	艮	Gèn	☶ Mountain / ☷ Mountain	Keeping Still	8 - Double Earth (deep anchor)
53	漸	Jiàn	☰ Wind / ☷ Mountain	Development	4 + 8 (Wood climbing stillness)
54	歸妹	Guī Mèi	☶ Mountain / ☷ Lake	Marrying Maiden	8 + 7 (Earth adapting to joy)
55	豐	Fēng	☲ Fire / ☷ Thunder	Abundance	9 + 3 (Fire igniting Wood)
56	旅	Lǚ	☲ Fire / ☷ Mountain	The Wanderer	9 + 8 (Fire on Earth – transient)
57	巽	Xùn	☴ Wind / ☷ Wind	The Gentle	4 - Double Wood (Yin expansion)
58	兌	Duì	☱ Lake / ☷ Lake	The Joyous	7 - Double Metal (celebration)
59	渙	Huàn	☰ Wind / ☷ Water	Dispersion	4 + 1 (Wood disperses Water)
60	節	Jié	☵ Water / ☷ Mountain	Limitation	1 + 8 (Water needs form)
61	中孚	Zhōng Fú	☱ Lake / ☷ Wind	Inner Truth	7 + 4 (Joy filters truth through Wood)
62	小過	Xiǎo Guò	☳ Thunder / ☷ Lake	Small Exceeding	3 + 7 (Wood balancing Metal)
63	既濟	Jì Jì	☲ Fire / ☷ Water	After Completion	9 + 1 (Fire above Water – refined)
64	未濟	Wèi Jì	☵ Water / ☷ Fire	Before Completion	1 + 9 (Water prepares Fire)

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Thank you for being here – for staying curious – and for exploring this Geometry.

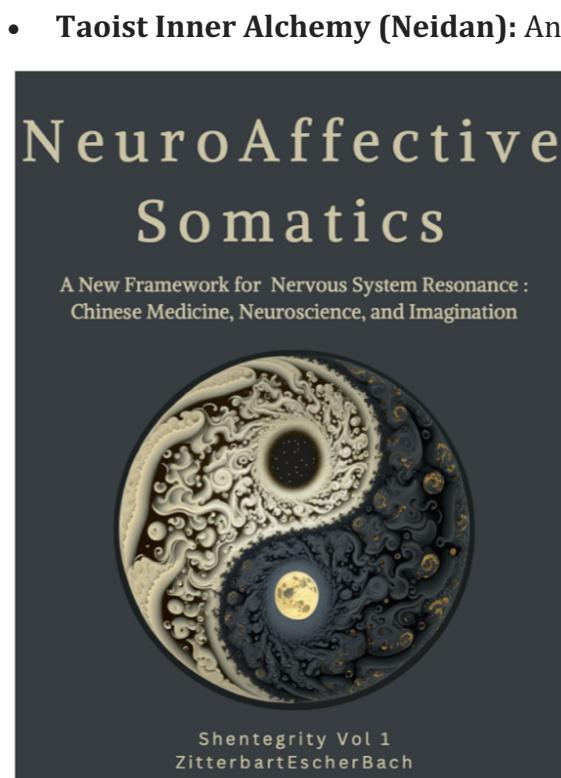
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This model incorporates:



- **Taoist Inner Alchemy (Neidan):** An ancient system of transformation that predates acupuncture, viewing the body as a landscape of energy, perception, and consciousness.
  - **Polyvagal Theory and Beyond:** While recognizing the significance of autonomic nervous system states, Neuroaffective Somatics moves past rigid regulation models and toward **attunement**—aligning the body with its natural rhythms instead of enforcing artificial control.
  - **Tensegrity & Movement Intelligence:** The body is not a stack of parts but a web of dynamic tension and compression. True stability is not about rigidity, but adaptability.
  - **Shen & The Five Elements:** In TCM, each organ is not just a biological structure but a field of awareness, shaping emotions, perception, and embodied experience.

#### HEALING AS AN EMBODIED, CONTEXTUAL PROCESS

Neuroaffective Somatics is deeply **trauma-informed** and culturally aware. It challenges dominant psychiatric models that assume a universal standard of regulation and instead recognizes:

- Healing is **not neutral**—it is shaped by history, culture, and lived experience.
- **Somatic intelligence** is not about controlling the body but listening to it.
- The nervous system does not exist in isolation but responds to gravity, movement, and environment.

