

Dao's question to Pila re: his writing '[What is Natural \(a Chinese version\)](#)'

I was wondering if you had any thoughts to share about different channels. I think it tai chi, I notice the belt and heart/lung meridians a lot and in some of the other practices, the central channel. I wonder if you have any thoughts about how those systems relate to the microcosmic orbit you were describing, and yin yang in general.

[mp3 file](#) for the meeting