
The Pagua Symbol

Figure 7



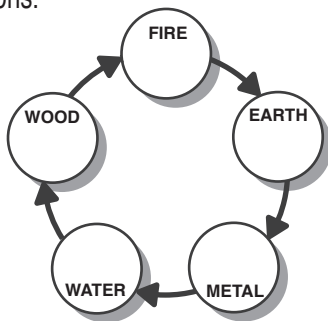
Pakua, (also spelled Pagua), is an English translation of a Chinese word. This symbol is also called the I Ching Symbol, the names are used interchangeably. This arrangement of the Trigrams (three solid or broken lines together) is known as the After Heaven sequence, used in healing. There is also a color version of this symbol. The colors are significant and specific, which give the symbol more energy (power).

The Big Chart (all the element attributes)

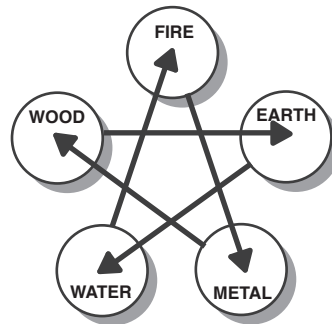
Figure 18

THE FIVE ELEMENTS							
ELEMENT	ORGAN	BOWEL	SUPERFICIAL	OPENING	TRAIT	MENTAL PART	TASTE
WATER	kidney	bladder	bones	ears	anxious	will power	salty
WOOD	liver	gallbladder	nerves (brains)	eyes	irritable	mental activity	sour
FIRE	heart 7 glands	small intestine	blood vessels	tongue	moody	joy, peace, intuition	bitter
EARTH	spleen pancreas	stomach	muscles	mouth	worried	pondering	sweet
METAL	lungs	large intestine	skin	nose sinus	sad	sensitive	spicy

This chart above is a representation of the one that Joel carries with him to lectures and is often referenced throughout the course. It is the Master list of the elements and their connections in the body. Below the cycles are shown as a quick reference for the "Generation" and "Control" interactions.



Generation Cycle

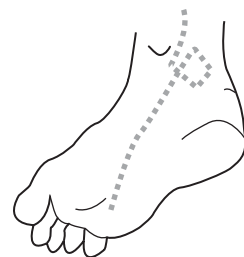
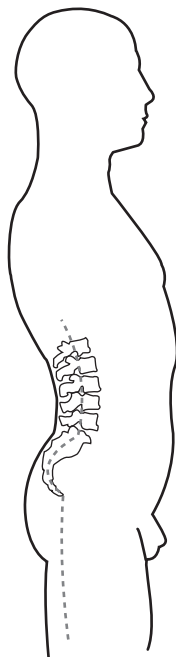
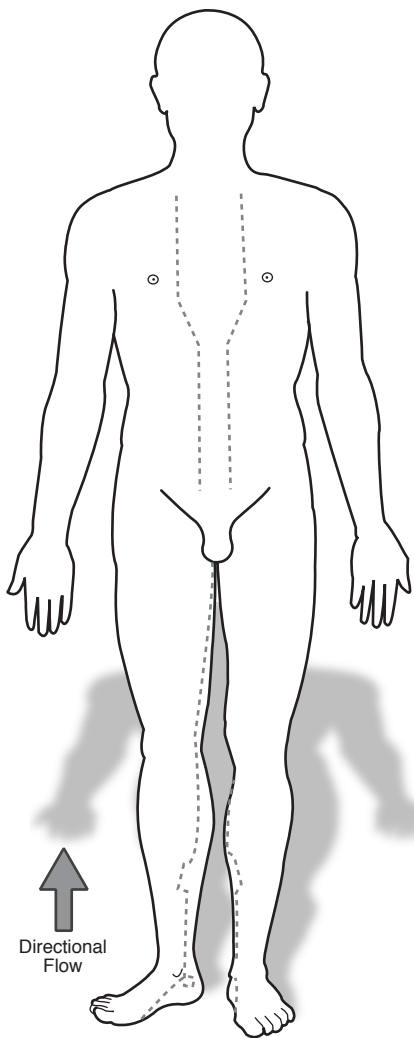


Control Cycle

In practical use, notice how these cycles are used in conjunction with the chart above. One example is how deep breathing helps to control nervousness. Deep breathing stimulates the lungs, (Metal Element) which controls the nerves (Wood Element).

Kidney Meridian

Figure 22



The Kidney Meridian begins under each foot, providing tone to the arches. Low kidney energy can result in flat feet. The meridian continues up where it makes a loop at the ankles providing additional support there.

The side view shows this Meridian traveling from the inside of the legs, and up the lower spine. Weak kidneys can result in a dense, compressed spine that eventually can cause sciatic nerve pain. Strengthening the kidneys can elongate a crumpled spine. An emotion that affects the Kidneys in a negative way is low self esteem. Water retention is a visible sign of low Kidney energy.

The directional flow of the kidney Meridian is up. It Starts under the feet and ends at the upper chest.