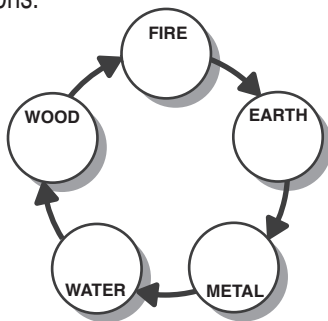


# The Big Chart (all the element attributes)

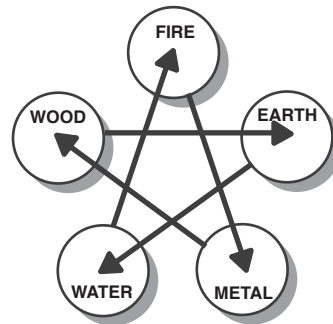
Figure 18

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

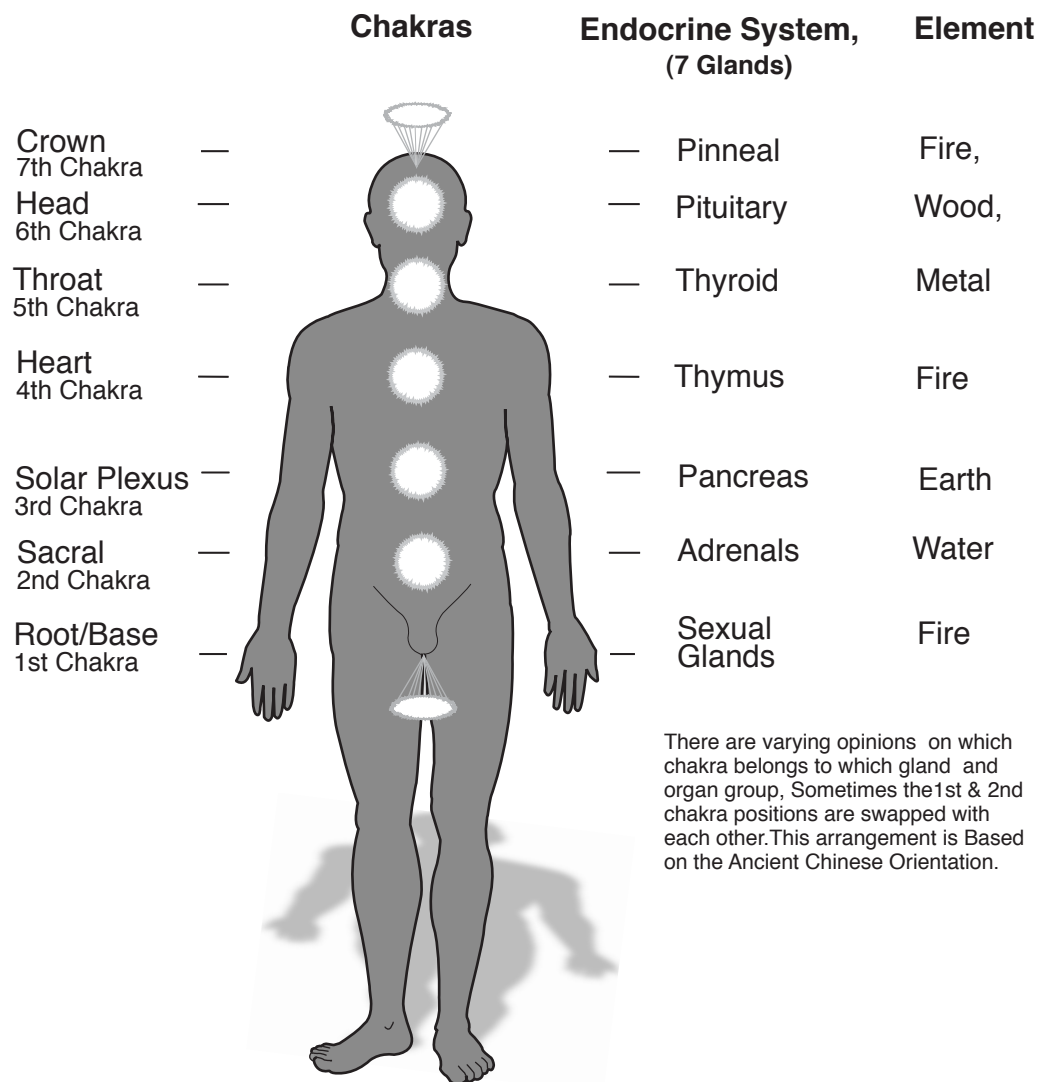


Control Cycle

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).

# Chakras/Endocrine System

(The Heavenly System)

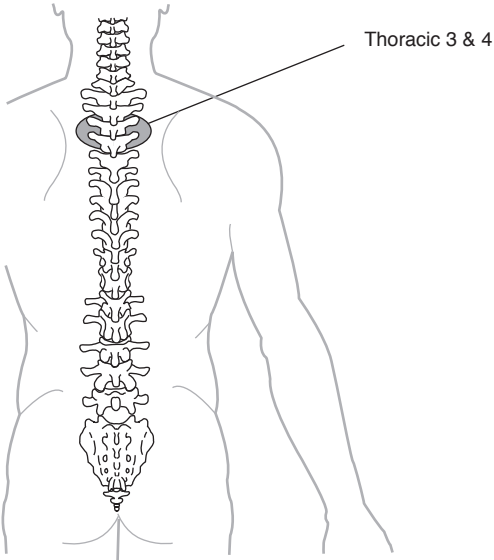


There are varying opinions on which chakra belongs to which gland and organ group. Sometimes the 1st & 2nd chakra positions are swapped with each other. This arrangement is Based on the Ancient Chinese Orientation.

The diagram above, represents energy centers of the body known as the Chakras. "There is always some materiality to energy, so the endocrine glands are the physical or material seats of the Chakras". Besides the endocrine glands secreting hormones to the body, each of these glands embodies one of the Five Elements. This overall energy is linked to the Meridian System, through the Triple Heater Meridian.

Figure 28

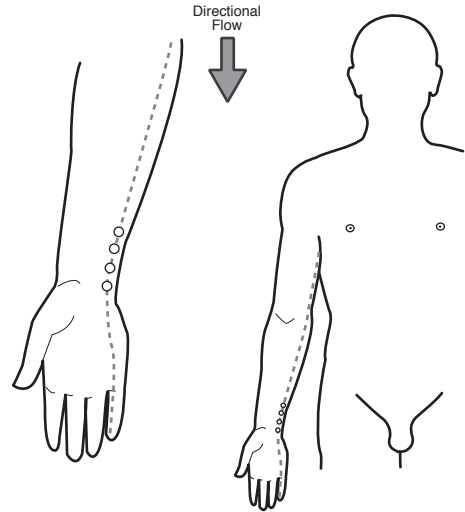
## Thoracic 3 & 4



One of the few symptoms of the heart is found on Thoracic Vertebrae 3&4 (midway between the shoulder blades). If pain is found while pressing diagonally on that area, it may be an indication of a heart problem.

Figure 29

## Heart Meridian



The heart meridian runs to the pinkie and there are four acupuncture points on the meridian just above the hand. If those points are tender, "it's another clue that the heart is weak"