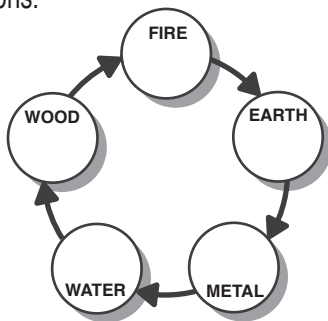


The Big Chart (all the element attributes)

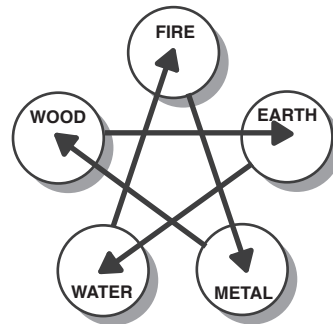
Figure 18

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).

Organ Times

Figure 19

ORGAN	HOUR (TIMES)	SOME SYMPTOMS	ELEMENT
liver	1 to 3am	Busy mind, waking up with trouble getting back to sleep.	WOOD
lungs	3 to 5am	People with allergies and Asthma. wake up at this time.	METAL
large intestine	5 to 7am	People with Colitis and other Colon problems, feel at their worst.	METAL
stomach	7 to 9am	Ulcer and other Stomach problems feel at their worst. Best digestion time.	EARTH
spleen and pancreas	9 to 11am	Hypoglycemia is most prevalent from insulin buildup.	EARTH
heart	11am to 1pm	A weak Heart is even weaker at these hours.	FIRE
small intestines	1 to 3pm	Sleepy feeling if there's a small intestine inflammation.	FIRE
bladder	3 to 5pm	Sleepy feeling if there's a bladder weakness and low bladder energy.	WATER
kidney	5 to 7pm	If bladder energy drops even more, then sleepy feeling begins at these hours.	WATER
blood vessels	7 to 9pm	People with varicose veins may become may feel them more.	FIRE
sex glands	9 to 11pm	Can lead to excited feeling, or sleepy feeling if sex glands are weak.	FIRE
gallbladder	11pm to 1am	People with Gallstones may become aware of them.	WOOD

These are just a few examples of symptoms that occur at these hours. Since the organs are activated at these times, people may notice a wide range of symptoms, for example, people with nerve trouble causing muscle weakness may feel more strength when the Liver/gallbladder are activated between the hours of 11pm to 3 am. But a person with nerve pain may notice it more between those same hours.

Figure 20

Bladder 10

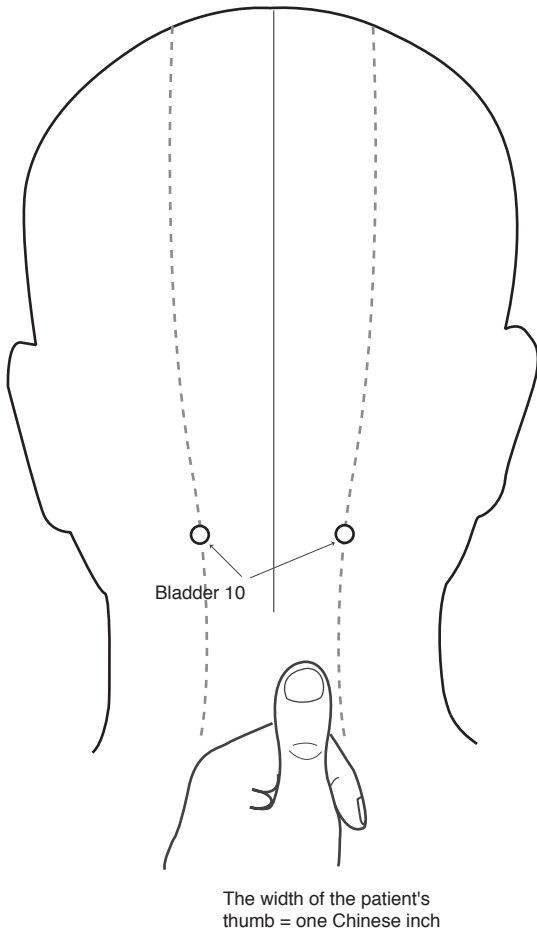
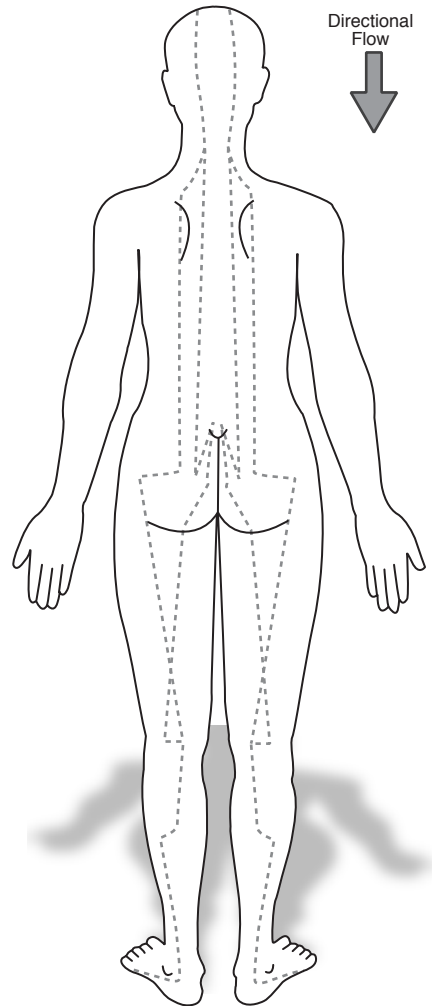


Figure 21

Bladder Meridian

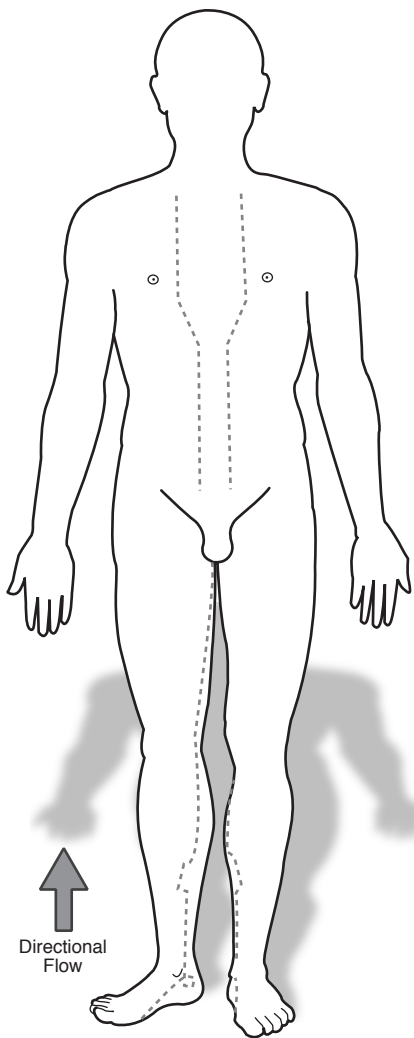


In Chinese Medicine, body measurements are very specific to the individual. The Chinese inch is relative to the person's thumb size (as seen above). Some acupuncture can actually feel the energy of the points. Knowing their proximity is a good guide to locating specific points on the body. Bladder 10 is 1.3 Chinese inches from the center line of the head, at the base of the skull.

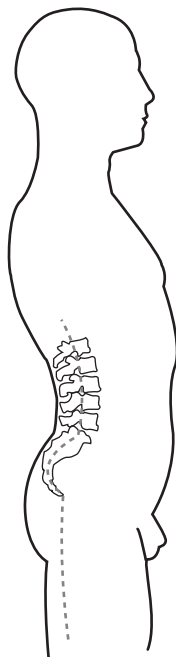
The directional flow of the Bladder Meridian is down and it is also energetically linked with the Kidneys, therefore, weak Bladder energy, brings weak Kidney energy and dropsy. This meridian also runs through the back & the back of the legs etc., providing energy to all these areas.

Kidney Meridian

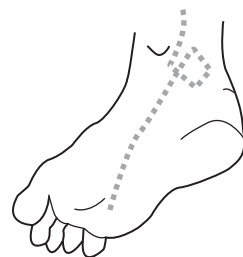
Figure 22



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



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 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.