

# Five Elements

## Yin / Yang

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Introduction to the five elements on Chinese Acupuncture.

Every philosophy has mentioned a primary divine vibration.

In this case, the TAO is the primary causation for the five elements to exist.

At the beginning was the **TAO**

The manifestation of duality in all there is, comes from the primary divine vibration:

## Yin / Yang

Some examples:

Yin	Yang
Cold	Hot
Female	Male
Shadow	Light
Earth	Sky
Femenine	Masculine
Left	Right
Under	Over
In	Out
Spiritual	Mundane
Form	Aspirations
Winter	Summer

The Yin and the Yang are forces of physical creation, apparently opposing each other but they co exist, constantly changing, transforming one into the other. They exist because of the other.

Just as the TAO becomes the Yin and the Yang giving birth to the five elements.

These elements are described by Chinese practitioners as a MAP of universal frequencies. they represent five main categories of frequency patterns with their own Yin and Yang qualities.

For starters, we can sense a lack of balance by becoming observers of the qualities of these elements.

Example:

Laughter is not only a response to joy, it is an emotion that resonates with the Fire Element. An excess / lack in the expression of this emotion could be an indicator of an imbalance on this element and its correlation to the others.

Life preserves itself and elements find their way to balance themselves by stealing energy from other elements. This is when diseases occur.

We can find the five elements in nature through the seasons, through objects, and also through our human mind body system.

## The five elements and their correlation to Nature

ELEMENTS & CORRELATIONS	WOOD	FIRE	EARTH	METAL	WATER
Season	Spring	Summer	End of Summer	Fall	Winter
Nature	New Beginnings	Maturation	Harvesting	Letting Go	Go within

ELEMENTS & CORRELATIONS	WOOD	FIRE	EARTH	METAL	WATER
Objects	Plants / Trees	Candles / Light	Ceramics / Clay	Precious Stones	Glass
Colors	Green	Red	Yellow	White	Blue
Qualities	Growth	Warmth	Rooting /Acceptance	Values / Spirituality	Honesty / Clarity

The expression of the elements is the correlation with the 12 Meridians found in Chinese Acupuncture.

Meridians are channels through which vital energy flows. Each meridian has a unique way of controlling physical, mental, emotional and spiritual functioning.

Two of the twelve meridians are in resonance with each of the five elements.

The fire element has two additional functions: The Triple Burner and the Heart Protector.

The twelve meridians are divided into six Yin meridians (represent the solid visceral organs of the physical body) and six Yang meridians (they are containers in charge of storing and letting pass or letting go).

## The Five Elements and Meridian correlation

	WOOD	FIRE	EARTH	METAL	WATER	
YIN	Liver	Heart Heart Protector	Spleen	Lungs	Kidneys	Glands
YANG	Gallbladder	Small Intestine Triple Burner	Stomach	Large Intestine	Bladder	Sexual Organs
EMOTIONS	Anger	Abandonment	Anxiety	Crying	Blaming	Humiliation
	Bitterness	Betrayal	Despair	Discouragement	Dread	Jealousy
	Guilt	Forlorn	Disgust	Rejection	Fear	Longing
	Hatred	Lost	Nervousness	Sadness	Horror	Lust
	Resentment	Love Unreceived	Worry	Sorrow	Peeved	Overwhelm
	Depression	Effort Unreceived	Failure	Confusion	Conflict	Pride
	Frustration	Heartache	Helplessness	Defensiveness	Creative Insecurity	Shame
	Indecisiveness	Insecurity	Hopelessness	Grief	Terror	Shock
	Panic	Overjoy	Lack of Control	Self-Abuse	Unsupported	Unworthy
	Taken for Granted	Vulnerability	Low Self-Esteem	Stubbornness	Wishy Washy	Worthless

### Emotion Data Base 1

#### ▼ Anger

A strong displeasure and belligerence aroused by a real or supposed wrong; wrath. Anger is often used as a cover-up or form of denial for emotions of hurt or fear.

#### ▼ Bitterness

A harsh, disagreeable or cynical attitude. Being angry or resentful because of hurtful or unfair experiences.

#### ▼ Guilt

The feeling of having done wrong or committed an offense. Feeling responsible for the harmful actions of another (e.g., abuse, parents'

#### ▼ Abandonment

Physical abandonment is being left alone; left behind or deserted (this is the type of abandonment that we most often see in childhood). Emotional abandonment is being given up on; withdrew from; emotionally deserted or separated from; a feeling of being "left behind" in a non-physical form.

#### ▼ Betrayal

Betrayed is to have your trust broken, to be deserted or hurt by a trusted one. Betrayal of another is to be unfaithful in guarding or fulfilling a trust; to be disloyal or violate a confidence, to desert someone who trusts you. Betrayal

#### ▼ Anxiety

A generalized feeling of uneasiness and foreboding; a fear of the unknown; fear without a subject (e.g. she feels anxious and fearful all the time for no apparent reason).

#### ▼ Despair

A complete loss of hope; misery; difficult or unable to be helped or comforted.

#### ▼ Disgust

A feeling of loathing; when good taste or moral sense is offended; a strong aversion. (e.g. She felt disgusted when the killer was acquitted).

#### ▼ Nervousness

divorce, death, etc.) Often accompanied by feelings of depression, shame and self-abuse.

▼ Hatred

To loathe; despise; great dislike or aversion. Often comes as a result of "hurt love". Often hatred is of a situation rather than a person (e.g. hatred of another's behavior, unjust circumstances, etc.) Self-hatred creates destructive behaviors and illnesses.

▼ Resentment

A feeling of displeasure or indignation at someone or something regarded as the cause of injury or insult; bitter for having been treated unfairly; unwilling to forgive. Often this emotion comes along with animosity (ill-will that displays itself in action, strong hostility or antagonism).

▼ Depression

A state of being sad, gloomy, low in spirits, dejected. Often a secondary emotion caused by "anger turned inward" at the self and feelings of shame and guilt, etc.

▼ Frustration

Exasperation; being stuck or unable to progress; feeling blocked from causing a change or achieving an objective or goal.

▼ Indecisiveness

An inability to make a decision; wavering back and forth between one choice or another. Stems from distrust of the self or doubting the ability to make a good decision.

▼ Panic

A sudden, overwhelming fear that produces hysterical behavior, unreasonably fearful thoughts or physical symptoms such as trembling and hyperventilation; a strong feeling of impending doom.

▼ Taken for Granted

Feels treated with careless indifference; not given thanks or for

of the self is to break integrity; act against one's morals, to abuse the body or soul.

▼ Forlorn

Miserable; sad and lonely by reason of abandonment, desolation or emptiness; hopeless; forsaken.

▼ Lost

Unable to see the correct or acceptable course; having no direction. Physically lost most often shows up from childhood- (e.g. being lost in the woods and can't find the way home, etc.) Emotionally lost refers to a feeling of being unable to see what the right decision or direction, being unable to find emotional stability (e.g. He felt lost after his wife died; She hasn't done anything with her life, she seems really lost.)

▼ Love un received

A feeling that love expressed is or has been rejected. Feeling unwanted, not cared for; not accepted; a lack of love where it is desired.

▼ Effort un received

When one's work, achievement, attempts or endeavors are not accepted or recognized; when one's best effort is not considered good enough; a feeling of being unappreciated. Not feeling approved of or validated.

▼ Heartache

Anguish and pain of the heart; distress usually as a result of difficulty or sadness in a relationship. Felt as a crushing or burning physical sensation in the chest.

▼ Insecurity

A lack of confidence; self-conscious; shy. Feeling unsafe from danger or ridicule.

▼ Overjoy

Unnaturally or acutely uneasy or apprehensive; fearful; timid; to feel jumpy or on edge.

▼ Worry

Dwelling on difficulty or troubles; unease or anxiety about a situation or a person; extreme concern over potential problems; concern about a loved one in possible distress.

▼ Failure

When one falls short of success or achievement in something expected, attempted, or desired; (e.g. The failure of a marriage or other relationship, being fired, bankruptcy, performing poorly in athletics, art, academics, etc.).

▼ Helplessness

Being unable to help oneself; being without the aid or protection of another. Having little strength or personal power. A common emotion for those suffering from a "victim mentality". Feeling unable to change one's circumstances or state.

▼ Hopelessness

Devoid of hope; having no expectation of good; having no remedy or cure; no prospect of change or improvement.

▼ Lack of Control

Lacking restraint or direction; unable to regulate or command; a feeling that someone or something else determines your course.

▼ Low Self-Esteem

A low appraisal of one's own worth or value; feeling and focusing on one's flaws; holding a feeling of disrespect for the self; not confident; lack of self-love.

something accomplished, similar to ignored.

Intense delight or elation which is too overpowering for the body; joy that it is a shock to the system.

▼ Crying

The (often) involuntary act of expressing a strong emotion; a response to pain or suffering (emotional or physical). A response to or expression of helplessness. A physical sensation felt in the throat, chest and/or diaphragm. Often becomes trapped when one does not allow him/herself to cry (i.e. suppressing this reaction or stuffing it down).

▼ Discouragement

Feeling a lack of courage, hope or confidence; disheartened, dispirited. Losing the nerve to try or attempt something.

▼ Rejection

Feeling denied, refused or rebuffed; discarded as useless or unimportant; cast out; unwanted; forsaken.

▼ Sadness

Unhappy; sorrowful; mournful; affected by grief.

▼ Sorrow

A sad regret; distress caused by loss, disappointment or grief; to feel or express grief, unhappiness, or sadness.

▼ Confusion

A disoriented feeling; foggy thinking; chaos; lack of distinctness or clearness; perplexity; bewilderment; a disturbed mental state.

▼ Defensiveness

A state of resisting attack or protecting oneself; being sensitive to the threat of criticism or injury to one's ego; being on guard against

▼ Vulnerability

Feeling susceptible to harm, either emotional or physical; unsafe; unstable.

▼ Blaming

Being Blamed is to be held responsible; accused; or held guilty for something. Blaming another is to hold responsible; accuse; find fault with. Putting responsibility on someone or something else to avoid taking responsibility. This is a key emotion in creating a victim mentality and can cause a deterioration of personal power. Blaming the self is finding fault with oneself, which can lead to feelings of self-abuse, depression, etc.

▼ Dread

Fear of something that is about to happen; apprehension as to something in the future, usually real but sometimes unknown. (e.g. He dreaded going to the high school reunion and facing the bullies who had tormented him).

▼ Fear

A strongly distressing emotion aroused by impending danger, evil or pain; the threat may be real or imagined.

▼ Horror

A strong emotion of alarm, disgust, or outrage caused by something frightful or shocking (e.g. an event of extreme violence, cruelty, or macabre.)

▼ Peeved

Irritated; annoyed; exasperated; irked; aggravated; ticked off.

▼ Conflict

Internal Conflict is a mental and emotional struggle within the self, arising from opposing demands or impulses. (e.g. He was feeling

▼ Humiliation

A painful loss of pride, dignity or self-respect; to feel mortified; embarrassed.

▼ Jealousy

Resentful and envious of someone's success, achievements, or advantages. Having suspicious fears; fears of rivalry or unfaithfulness. Results from a fear of not being loved and/or from insecurity.

▼ Longing

To have a strong desire or craving; a yearning or pining; aching for; to miss someone or something; to want something you do not have (e.g. She longed for a different life).

▼ Lust

Intense sexual desire or appetite; an overwhelming want or craving (e.g., lust for power); passion; to covet.

▼ Overwhelm

To be overpowered in mind or emotion; extreme stress; feeling overpowered with superior force; feeling excessively burdened.

▼ Pride

An overly high esteeming of oneself for some real or imagined merit or superiority; vanity (an excessive desire to be noticed, praised, or approved); feeling better than others; haughty; non-teachable; has to be right; expects more credit than earned; or treats others with disdain or contempt. Having a healthy amount of pride (self-respect or self-esteem) is a good thing, and this type of pride usually doesn't show up as a trapped emotion (although it may

real or imagined threats to one's person, physical and/or emotional.

▼ Grief

Intense emotional suffering caused by loss, disaster, misfortune, etc.; an acute sorrow and deep sadness. A universal reaction to bereavement. Also can be feeling harassed, vexed or exasperated (e.g. if someone gives you grief).

▼ Self-Abuse

Abusing the self emotionally includes negative self-talk (e.g. "I'm such an idiot."), blaming the self, etc. Abusing the self physically includes mistreating the body by use of addictive substances; to not care for the body by lack of sleep, proper diet or nutrition; to work beyond what one can or should endure; to punish or tax oneself excessively. This abuse may help atone for "sins", real or imagined, and usually is driven by anger. Illnesses can be forms of self-abuse (e.g., "I don't deserve to be healed.")

▼ Stubbornness

Being difficult; unbendable; unable or unwilling to forgive; obstinate; headstrong; resistant.

conflicted about whether or not to take the new job) External Conflict is to fight; to disagree or be disagreeable; to struggle or battle against; to antagonize. Prolonged strife or struggle. (e.g. She and her ex-husband experience continual conflict about custody of their children).

▼ Creative Insecurity

Feeling unsafe or untrusting the self about the creation or development of anything-relationships, family, health, money, career and/or artistic endeavors. A feeling of insecurity that arises and blocks the creative process. (e.g. writer's block).

▼ Terror

Intense, sharp, overmastering fear; extreme fright; alarm.

▼ Unsupported

lack of support, help or encouragement; not provided for by another; not defended when help is needed; feeling the burden is too heavy to bear alone, etc.

▼ Wishy Washy

Weak, spiritless; undecided irresolute; without strength of character. To lack conviction; without a backbone.

show up if one's healthy pride is injured).

▼ Shame

A feeling of being wrong, defective or disreputable. The painful feeling of having done or experienced something dishonorable, improper or foolish; disgrace; humiliation; a cause for regret. The lowest vibration of all the emotions. Leads to guilt, depression and even suicide.

▼ Shock

A sudden or violent disturbance of the emotions or sensibilities; extreme surprise; to feel traumatized or stunned.

▼ Unworthy

Not good enough; beneath the dignity of; not commendable or credible; undeserving; not valuable or suitable; unbecoming.

▼ Worthless

Of no importance or value; without excellence of character, quality or esteem; serving no purpose.

## The Acupuncture Meridian System

▼ History

Acupuncture and the Meridian System has a long history that dates back over 2,500 years ago.

While it is unclear whether acupuncture originated in China, its practice is well-documented. The oldest ancient text that references acupuncture dates back to 100 B.C., and other texts dating back to 600-500 B.C. reference acupuncture points without procedures. Archaeologists found gold and silver needle artifacts for acupuncture in ancient tombs. The needles and the texts mentioned are the first documentation of the already established practice.

Yet, there is some dispute about dating acupuncture. An ancient mummy called the Otzi the Iceman was found in the Otzian Alps of Austria, and the mummy dates back to the Bronze Age, around 3,300 B.C. This mummy had tattoos along his body that corresponded to meridian points on the lower back. Some archaeologists suggest this is evidence of acupuncture practices. But, without further documentation, we cannot know for sure.

There are even theories that suggest shiatsu, a non-invasive form of acupuncture, dates back to the Neolithic Era. But without further texts, all we can do is theorize. Regardless, by the 4th century A.D., most modern acupuncture points had been identified with documentation.

The highest levels of medieval Chinese society used acupuncture. The emperors of many dynasties even kept acupuncturists

on retainer. Medieval Chinese medical colleges even taught courses in acupuncture and the Meridian System. During the Ming Dynasty, "The Great Compendium of Acupuncture and Moxibustion" established most of the acupuncture practices still used today.

But around the 13th century, acupuncture began to decline in status. It became associated with mysticism and seen as a less legitimate practice. Following modern, scientific medicine, acupuncture became known as a lost art in China. Right around this time, acupuncture started to see use in Europe. Still, Western medicine viewed acupuncture with some suspicion.

The focus on energetic and symbolic systems felt too superstitious. By the mid-19th century, Western interest in acupuncture waned.

It was not until the mid-20th century that acupuncture would make a comeback. Mao Zedong endorsed acupuncture to unite communist China behind a shared cultural history.

By the 1950s, Chinese hospitals used acupuncture. Modern research also began to examine acupuncture from a rational, scientific standpoint. And in 1997, the National Institutes of Health recommended acupuncture as a complementary treatment. Since then, acupuncture has become the most popular alternative medicine in the US.

## Meridian Data Base

### ▼ The Heart Meridian

The "King of the Organs," the heart is the house of the vital essence. It commands all of the other organs and emotions.

The heart is also seen as the seat of the mind.

It works with many organs to regulate circulation and maintain a healthy mental state. If the heart is imbalanced, all the other organs and meridians will suffer. It is also seen as primary in the defense against disease.

The tongue is used in diagnosing heart imbalances.

Speech impediments or being mute is considered to have been caused by an imbalance in the heart meridian. As a source of bodily heat and circulation of the blood, a pallid facial complexion can also diagnose heart meridian imbalances.

All manner of mental and emotional issues can also occur from an imbalance of the heart meridian.

The heart meridian begins near the armpit and runs down the lower inner arm before ending at the tip of the little finger.

**Element:** Fire

**Direction:** South

**Season:** Summer

**Climate:** Heat

**Cultivation:** Growth

**Sense Organ:** Tongue

**Sense:** Touch

**Tissue:** Vessels

**Positive Emotion:** Joy

**Negative Emotion:** Arrogance

**Flavor:** Bitter

**Color:** Red

**Sound:** Laughter

**Smell:** Scorched

**Time:** 11 a.m. – 1 p.m.

**Opposite:** Gall Bladder

**Yin/Yang:** Yin

**Flow Direction:** Up

**Origin/Ending:** Chest to Hand

**Number of Acupoints: 9**

▼ **The Lung Meridian**

The lung meridian is second only to the heart meridian among the 12 Principal Meridians.

It is called the “Prime Minister” and assists with controlling energy and circulating the blood.

The lungs and the heart are seen to work in conjunction with blood and energy, being complementary parts of the living system. This connection has led the lungs to also be called “The Priest” and the “Minister of Heaven.”

The lungs also control the skin and perspiration.

This meridian generates what is known as the radiant energy.

This control puts the lungs in the front line for fighting external disease.

The lungs also connect the mind to the body through breathing.

Qigong is designed to strengthen this bond and focuses on the lung meridian.

Imbalances in the lung meridian can cause upper respiratory infection, breathing dysfunction, and skin problems.

An imbalance can also cause despair and anxiety.

The lung meridian begins at the front of the shoulder. It notches up before running down the top of the inner arm and ending at the corner of the thumbnail.

Element: Metal

Direction: West

Season: Autumn

Climate: Dry

Cultivation: Reaping

Sense Organ: Nose

Sense: Smell

Tissue: Skin and Hair

Positive Emotion: Courage

Negative Emotion: Grief

Flavor: Pungent (Umami)

Color: White

Sound: Crying

Smell: Rotten

Time: 3 a.m. – 5 a.m.

Opposite: BladderYin/Yang: Yin

Flow Direction: Up

Origin/Ending: Chest to Hand

Number of Acupoints: 11

▼ **The Stomach Meridian**

The stomach is in charge of elemental balance. Called the “Sea of Nourishment” and the “Minister of the Mill,” it is the start of digestion.

Because of the umbilical cord, it is also called the “Root of Postnatal Life.”

The stomach is tasked with extracting the energy from food and beverages.

Working with the spleen, the stomach transports the energy throughout the Meridian System. The stomach also uses the different types of food eaten to balance the five elemental energies.

An imbalance with the stomach meridian will cause energetic deficiencies across the Meridian System. It can also cause mania, confusion, or anxiety.

The stomach meridian begins under the eye, next to the nose. It descends before following the jawline up to the skull. It then drops and flows down the throat, chest, and abdomen. Continuing, it runs down the front of the legs and feet before ending at the big toe's outside edge.

Element: Earth

Direction: Center

Season: Late Summer

Climate: Damp

Cultivation: Transforming

Sense Organ: Mouth

Sense: Taste

Tissue: Muscles

Positive Emotion: Compassion

Negative Emotion: Anxiety

Flavor: Sweet

Color: Yellow

Sound: Singing

Smell: Fragrant

Time: 7 a.m. – 9 a.m.

Opposite: Pericardium

Yin/Yang: Yang

Flow Direction: Down

Origin/Ending: Face to Foot

Number of Acupoints: 45

### ▼ The Kidney Meridian

In TCM, the kidney is seen as one of the most important organs. This organ includes the adrenal glands and the sex glands of men and women.

It is known as the "Minister of Power" as well as the "Root of Life."

It is tasked with storing the prenatal energy as well as the essential vital energy for life. The kidney also works at regulating the brain and plays an important role in the formation of memories and rationality.

An imbalance in the kidneys can cause impotency or an immune deficiency. It can also lead to a poor memory or an inability to think clearly.

Diagnosis of kidney meridian imbalances are done by examining the eyes and hearing. Back pain and a short attention span also indicated a kidney meridian imbalance.

The kidney meridian starts at the sole of the foot and runs along the inner edge before looping around the ankle. It ascends the inner leg and runs up the central torso before ending at the inner collarbone.



Element: Water  
Direction: North  
Season: Winter  
Climate: Cold  
Cultivation: Hibernate  
Sense Organ: Ears  
Sense: Hearing  
Tissue: Bones  
Positive Emotion: Gentleness  
Negative Emotion: Fear  
Flavor: Salty  
Color: Black  
Sound: Groaning  
Smell: Putrid  
Time: 7 p.m. – 9 p.m.  
Opposite: Large Intestine  
Yin/Yang: Yin  
Flow Direction: Up  
Origin/Ending: Foot to Chest  
Number of Acupoints: 27

#### ▼ The Large Intestine Meridian

The large intestine is in charge of making solid waste from liquid.

Known as the “Master of Transportation,” it is the final organ before solid waste is eliminated. The large intestine works closer with its paired organ than most.

The lungs move the large intestine by breathing. The large intestine balances the body’s fluids and works with the lungs in perspiration.

An imbalance in the large intestine meridian can cause constipation, diarrhea, and abdominal pain.

Depression and excessive worry can also be caused by an imbalance of this meridian.

The large intestine meridian starts at the outside of the index fingernail. It travels up the top of the arm before crossing to the back of the shoulder. It crosses back over the shoulder, runs up the throat, and ends just below the nose.

Element: Metal  
Direction: West  
Season: Autumn  
Climate: Dry  
Cultivation: Reaping  
Sense Organ: Nose  
Sense: Smell  
Tissue: Skin and Hair  
Positive Emotion: Courage

Negative Emotion: Grief  
Flavor: Pungent (Umami)  
Color: Off-White  
Sound: Crying  
Smell: Rotten  
Time: 5 a.m. – 7 a.m.  
Opposite: Kidney  
Yin/Yang: Yang  
Flow Direction: Down  
Origin/Ending: Hand to Face  
Number of Acupoints: 20

#### ▼ The Small Intestine Meridian

Responsible for receiving food during the digestion process, the small intestine are known as the “Minister of Reception.” It separates impurities from the food before passing the waste on and also absorbs water. It should come as no surprise that the small intestine meridian is responsible for digestion. But, this meridian also works with the heart meridian.

It controls the basic emotions and the Chinese equivalent of “a broken heart” is “broken intestines.” The meridian also works with the pituitary gland, also known as the “master gland,” to regulate growth and the endocrine system.

Imbalance in the small intestine meridian can cause emaciation and pain in the abdomen. It can also lead to poor reasoning ability and restlessness.

Starting at the tip of the little finger, the small intestine meridian runs up the lower back of the arm. It zig-zags at the back of the shoulder before ascending up the side of the neck. At the cheek it moves outward ending at the front of the ear.

Element: Fire  
Direction: South  
Season: Summer  
Climate: Heat  
Cultivation: Growth  
Sense Organ: Tongue  
Sense: Touch  
Tissue: Vessels  
Positive Emotion: Joy  
Negative Emotion: Arrogance  
Flavor: Bitter  
Color: Pink Red  
Sound: Laughter  
Smell: Scorched  
Time: 1 p.m. – 3 p.m.  
Opposite: Liver

Yin/Yang: Yang

Flow Direction: Down

Origin/Ending: Hand to Face

Number of Acupoints: 19

#### ▼ The Liver Meridian

The liver is considered one of the primary organs in TCM. It is called the “Chief of Staff” of the “General”. This is in part because the liver transforms nutrients into usable substances that the body uses for energy.

The liver is also called this because it detoxifies the blood.

The liver meridian is in charge of the peripheral nervous system as well as the ligaments and tendons.

Hypertension and the inability to relax are caused by an imbalance in the liver meridian.

Liver imbalances are diagnosed by examining the eyes or fingernails and toenails. Imbalance of this meridian can also cause anger issues.

The liver meridian originates at the inside of the big toe. It runs along the instep of the foot and up the inner leg. At the hip, it dips toward the genitals before ascending. At the lower abdomen, the liver meridian zags out and up to the ribs before moving back to the center and ascending to its end point at the nipple.

Element: Wood

Direction: East

Season: Spring

Climate: Windy

Cultivation: Germinate

Sense Organ: Eyes

Sense: Sight

Tissue: Tendons

Positive Emotion: Kindness

Negative Emotion: Anger

Flavor: Sour

Color: Deep Green

Sound: Shouting

Smell: Scorched

Time: 1 a.m. – 3 a.m.

Opposite: Small Intestine

Yin/Yang: Yin

Flow Direction: Up

Origin/Ending: Foot to Chest

Number of Acupoints: 14

#### ▼ The Bladder Meridian

The bladder is referred to as the “Minister of the Reservoir.”

While the organ only stores and eliminates liquid waste, the energetic function involves balancing the autonomous nervous system. This is in part because the bladder meridian spans the height of the body and runs alongside the spinal column.

The bladder plays a role in regulating the sympathetic and parasympathetic responses.

An imbalance of the bladder meridian can cause lower back pain or lower back weakness as well as urinary problems.

A bladder meridian imbalance can also cause one to be fearful or stubborn.

The bladder meridian begins at the inner eye and runs up the skull where it works outwards before running down the back. The meridian then follows the hip and sacral nerves before running down the back of the leg and ends outside of the baby toe.

Element: Water

Direction: North

Season: Winter

Climate: Cold

Cultivation: Hibernate

Sense Organ: Ears

Sense: Hearing Tissue: Bones

Positive Emotion: Gentleness

Negative Emotion: Fear

Flavor: Salty

Color: Deep Black

Sound: Groaning

Smell: Putrid

Time: 3 p.m. – 5 p.m.

Opposite: Lung

Yin/Yang: Yang

Flow Direction: Down

Origin/Ending: Face to Foot

Number of Acupoints: 67

#### ▼ The Gallbladder Meridian

The gallbladder meridian can be seen almost as the body's janitor.

This is not an insult as the ancient Chinese called it the "Honorable Minister."

The gallbladder secretes bile to aid in digestion for muscular energy and works with the lymphatic system to clear out lactic acid. It follows that the gallbladder meridian is in part responsible for muscular health.

The gallbladder meridian is responsible for daring and decisive mental states.

The aphorism "a lot of gall," reflects this belief even in ancient Western cultures.

An imbalance in the gallbladder meridian generates more mental afflictions than physical.

Such an imbalance can lead to insomnia and stiffness of the muscles. It can also cause poor judgment, timidity, and indecision.

The gallbladder meridian begins on the outer corner of the eye. It zig-zags up and down above the ear and over the eye before running down the back of the skull. It descends down the side of the body, continuing down the outside of the leg, and ends on the outer edge of the 4th toe.

Element: Wood  
Direction: East  
Season: Spring  
Climate: Windy  
Cultivation: Germinate  
Sense Organ: Eyes  
Sense: Sight  
Tissue: Tendons  
Positive Emotion: Kindness  
Negative Emotion: Anger  
Flavor: Sour  
Color: Yellow Green  
Sound: Shouting  
Smell: Scorched  
Time: 11 p.m. -1 a.m.  
Opposite: Heart  
Yin/Yang: Yang  
Flow Direction: Down  
Origin/Ending: Face to Foot  
Number of Acupoints: 44

#### ▼ The Spleen Meridian

This meridian includes the pancreas and is in part responsible for digestion.

The spleen meridian is referred to as the "Minister of the Granary." Nutrients from food and beverages are extracted by enzymes produced in the spleen and pancreas.

The meridian regulates the quantity and the quality of blood in circulation.

The spleen meridian works with the lung meridian to generate True Human Energy.

This meridian is affected by the tone of muscles and affects them in turn.

The spleen meridian is responsible for logical and analytical thinking. It is also the first meridian in memory formation.

Imbalances in the spleen meridian can be diagnosed from the mouth. Red, moist lips indicate an excess of splenic energy while pale, dry lips indicate the opposite.

A bad temper and moodiness are associated with splenic imbalances.

The spleen meridian begins at the tip of the big toe and travels up the inside of the leg. It moves in and out the stomach until it travels up the side of the body and ends underneath the front of the shoulder.

Element: Earth  
Direction: Center  
Season: Late Summer  
Climate: Damp  
Cultivation: Transforming  
Sense Organ: Mouth

Sense: Taste  
Tissue: Muscles  
Positive Emotion: Compassion  
Negative Emotion: Anxiety  
Flavor: Sweet  
Color: Yellow  
Sound: Singing  
Smell: Fragrant  
Time: 9 a.m. – 11 a.m.  
Opposite: Triple Warmer  
Yin/Yang: Yin  
Flow Direction: Up  
Origin/Ending: Foot to Chest  
Number of Acupoints: 21

▼ **The Pericardium Meridian - Heart Protector**

While not an organ, the pericardium corresponds to an actual part of the body.

The pericardium is a protective sack encircling the heart.

It also assists the triple-heart warmer with its functions. It is one of the two principal meridians not associated with a major organ. Its protection extends beyond the physical to include the mental, emotional, and spiritual.

It is also responsible for regulating circulation of the blood.

The pericardium meridian also links the emotional feelings of love with the physical act of sex.

Imbalances can cause problems with the heart, chest, stomach, and mind. Imbalances with the pericardium meridian are often caused by extreme, sustained outbursts of emotion.

This meridian begins in the middle of the chest and descends to the diaphragm. It also branches out from the chest and runs along the interior of the arm, ending at the tip of the middle fingernail.

Element: Fire  
Direction: South  
Season: Summer  
Climate: Heat  
Cultivation: Growth  
Sense Organ: Tongue  
Sense: Touch  
Tissue: Vessels  
Positive Emotion: Joy  
Negative Emotion: Arrogance  
Flavor: Bitter  
Color: Purple Red  
Sound: Laughter  
Smell: Scorched

Time: 7 p.m. – 9 p.m.

Opposite: Stomach

Yin/Yang: Yin

Flow Direction: Up

Origin/Ending: Chest to Hand

Number of Acupoints: 9

#### ▼ The Triple-Warmer Meridian

The Triple-Warmer or Triple-Burner Meridian is the second primary meridian not associated with an organ. Still, it is similar to the thyroid in that it controls the metabolism. It is not strictly limited to the energetic metabolism, though. It is also involved in digestion and waste processing.

As the name suggests, there are three parts to the triple warmer: the upper, middle, and lower.

The upper warmer runs from the base of the tongue to the stomach. It controls bodily intake of food, water, and oxygen.

The middle burner starts at the stomach and ends at the pyloric valve. It is responsible for digestion and transformation for use by the body.

The lower burner splits, ending at the anus and urinary tract. It handles the elimination of wastes.

When out of balance, disorders with the sense organs and side of the head can occur.

The triple-warmer's meridian begins at the tip of the ring finger. It runs up the back of the arm and crosses the trapezius, ending at the collarbone.

Element: Fire

Direction: South

Season: Summer

Climate: Heat

Cultivation: Growth

Sense Organ: Tongue

Sense: Touch

Tissue: Vessels

Positive Emotion: Joy

Negative Emotion: Arrogance

Flavor: Bitter

Color: Orange Red

Sound: Laughter

Smell: Scorched

Time: 9 p.m. – 11 p.m.

Opposite: Spleen

Yin/Yang: Yang

Flow Direction: Down

Origin/Ending: Hand to Face

Number of Acupoints: 23

### ▼ Governing Vessel

Though not one of the 12 Principal Meridians, the governing vessel is often reflexed in acupuncture.

Called "The Sea of Yang Meridians," the governing vessel controls the yang meridians. It also controls the Guardian Qi, and both are associated with the immune system and the ability to fight off external disease. It is also said to be the "fire" of the body and responsible for body heat.

The governing vessel also works with the kidneys to regulate the brain.

Along with the conception vessel, it is one of the two most important meridians in TCM.

The governing vessel begins at the base of the pelvis and travels up the back, over the top of the head to right above the upper lip.

The governing vessel has 28 acupoints.

### ▼ Conception Vessel

Much like the governing vessel, the conception vessel is not one of the 12 principal meridians. Also like the governing vessel, the conception vessel is manipulated often in acupuncture.

It is also known as the "Sea of Yin Meridians."

It receives the Qi from the yin meridians before distributing it to the yang meridians.

The conception vessel is responsible for circulating Qi throughout the body. It also controls the reproductive cycle and libido.

The conception vessel helps control the 7 year life cycle. It also generates the Guardian Qi that the governing vessel controls. It is one of the two most important meridians in TCM and is the first to be trained.

The conception vessel begins at the base of the pelvis and travels up the front of the body to the lower lip. It is one of the primary meridians in the TCM practice of Qigong.

The conception vessel has 24 acupoints.

**References:** [http://file.scirp.org/pdf/CM\\_2014052016424217.pdf](http://file.scirp.org/pdf/CM_2014052016424217.pdf) [https://www.researchgate.net/publication/259572793\\_Meridian\\_proves\\_meridians\\_exist/](https://www.researchgate.net/publication/259572793_Meridian_proves_meridians_exist/) <https://acupuncturistseattle.com/the-12-meridians-of-acupuncture/> Organs and Glands Revision2: A Summarized View By Valeria Moore

## Emotional Patterns

### Organ - Emotion Correlation Data Base 1

#### ▼ Adrenals

Doubt, hopeless, overwhelm, attacked, unknown, powerless

#### ▼ Adenoids

Invisible, disappointment, unlove, failure, alone, absent

#### ▼ Adipose Tissue(fat)

Anger, shame, unloved, joyless, heartless, out of time, disgust

#### ▼ Appendix

Trapped, letting go, forced, anger, secrets

#### ▼ Anus



Non-peace, people-pleaser, freedom, letting go, freedom, self-love, punishment

▼ **Arteries**

Trapped, joyless, forced, injustice, stuck, right

▼ **Biliary Tract**

Anger, bitterness, immature, stopped, lack of desire

▼ **Bladder**

Disappointment, unexpected, control, non-peace, shame, humiliation, judging, nothingness, trapped, holding

▼ **Bone Marrow**

Depression, resentment, unloved, justification/judging

▼ **Brain Connections**

Isolation, holding, control, non-peace, deception, purpose

▼ **Breasts**

False relationships, overgiving, giving to get, unloved, rejection, undeserving

▼ **Colon**

Letting go, no peace, never enough, out of control

▼ **Corpus Callosum**

Judgment, death, falsely accused, violence, preservation, stuck in time, balance

▼ **Diaphragm**

Shame, wrong, release, judgment, expression, control, grounding of inspiration

▼ **Duodenum**

No compassion, lacks caring, heartless, dishonesty, hiding

▼ **Ears**

Judge, wanted, diminished, presence, balance, right/wrong

▼ **Esophagus**

Discernment, forced, rejection, emptiness, boundaries, weak feminine

▼ **Eyes**

Indifference, injustice, insensitive, withdrawal, unhappiness, invisible

▼ **Fascia**

Attacked, memory of the response, ridiculed, memory of someone else's pain, anger

▼ **Gallbladder**

Not present, worthiness, abandoned, control, not enough, imbalance, unhappiness, revenge, guilt, justice, anger turned to bitterness, overthought

▼ **Heart Giving/Receiving**

Holding onto feelings, balance, trust, honor, sadness, hurt.

▼ **Hypothalamus**

Trapped, betrayed, bound, belonging, wrong, injustice

▼ **Kidney**

Letting go, discernment, failure, shame, control, found wrong, self-care, self-love, self-loyalty

▼ **Large Intestine**

Shame, humiliation, getting caught, judged, letting go, people pleaser

▼ **Larynx**

Stuck warnings, lack of follow-thru, truth, voiceless, disrespect, dishonor

▼ **Liver**

No choice, powerless, repeating hurt, victim, running away, pain is Overwhelm

▼ **Lungs**

Insecurity, anxiety, what's frozen?, hiding, fearful of allowing flow, never enough (Left), left out (right), rejection

▼ **Lymph Glands**

Disharmony, ungrounded, trapped, on the defense, hides, failed dreams

▼ **Lymph Vessels**

Lack of movement, stuck, defeated, injustice

▼ **Mesentery Structure**

Support, lack of support in nurturing self, nurturance is quid pro quo

▼ **Muscle**

Guilt, fear of movement, manipulation, weak boundaries, needs to do to loved, no power

▼ **Nerve Secrets**

Communication, reactive, unable to be appropriate, regret

▼ **Nose**

Not enough, peaceless, rejection

▼ **Ovaries**

Self-protection, alone, unloved, unwanted, failure, let down, success, unprotected

▼ **Pancreas**

Not allowed joy, shame, worth, deprivation, hide your shame

▼ **Parathyroid Glands**

Unfulfilled desire, disappointment, stuck, indecision, unseen

▼ **Penis**

Unheard, self-unlove, trust, holding onto knowledge, unsharing, competitive

▼ **Pineal Gland**

Impatience, unacceptable, not enough, worthless, insecure, discernment, lack of growth

▼ **Pituitary Gland**

Hubris, overgiving, control, just going through the motions

▼ **Prostate**

Nothingness, faceless, purposeless, hopeless, hardened ways, aimless, trustless, no-selfs

▼ **Rectum**

Lack of presence, holding onto emotions/old ways, holding onto grief, congestion of ideas, no flow, devoid of spiritual concepts

▼ **Salivary Glands**

Disassociated, lack of follow-through, disconnection from heart, standing up, bullied

▼ **Skin**

Unworthy, toxic feelings/failings of self, judged, hiding

▼ **Small Intestine**

Rejection, abandonment, judged, scared of life

▼ **Spinal Cord**

Communication, relies on others to be supported, feels disconnected, doesn't belong

▼ **Spleen Failing**

Not good enough, passed over, insincere

▼ **Stomach**

Toxic nurturance, wrong, unknown danger, worry

▼ **Tendon**

Control, unsupported, stuck, rigid, imprisoned, vices controlling flow

▼ **Testicles/Testes**

Communication, alone, unprotected, vulnerable, shame, not enough

▼ **Tonsils**

Racism, bigotry, anger, discernment, attacked, bullied

▼ **Thymus**

Overrun, under attack, connection to the wisdom of the soul, defensive

▼ **Thyroid**

Overwhelm, injustice, ignored, alone, sacrifice, judged, guilt, shame, betrayal

▼ **Tongue**

Deprived of joy, stopped, control, truth causes confusion

▼ **Trachea**

Flow, constriction, heaviness, burdened, restricted, holding flow of speech and/or thoughts

▼ **Ureter**

Dirty, unclean, tainted, unworthy

▼ **Urethra**

Out of sync, belonging, the odd peg, unseen, ridiculed

▼ **Uterus**

Critical, unconnected to wholeness, needy

▼ **Vagina**

Shame, humiliation, unwanted, unloved

▼ **Veins**

Flow, unrespected, taken advantage of, unmet expectations, stuck in fear