



PERICARDIUM & TRIPLE WARMER

Supplemental
Fire

EXPLORE

- **Location & Key Points**
 - **Pericardium (Heart Protector)**
 - **Triple Warmer (Triple Heater)**
- **Functions**
- **Meridian Line Palpations**
- **Correspondences & Review**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

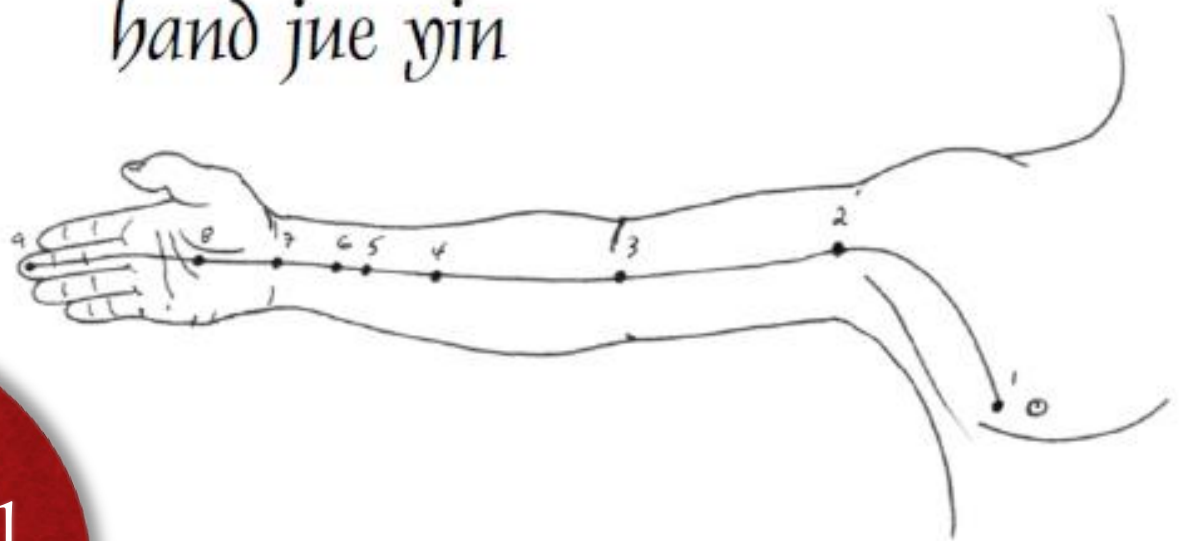
PERICARDIUM



I embrace that which
nourishes my heart.

9 POINTS

Pericardium Meridian
hand jue yin



YIN
Supplemental
Fire

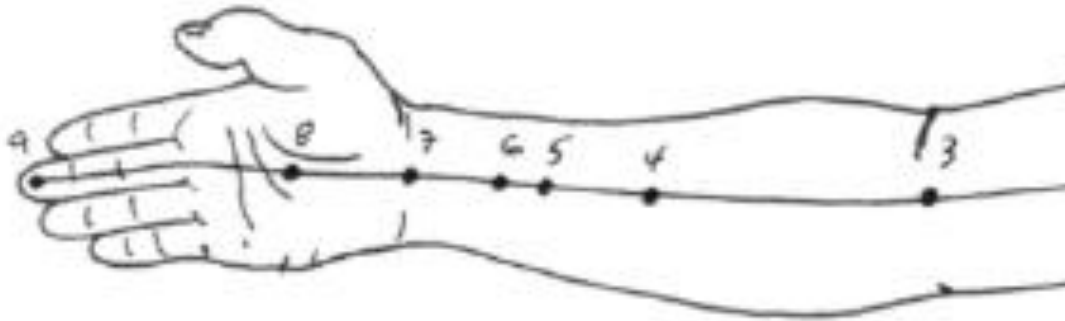
KEY POINTS

1. P-3 MARSH AT THE BEND

2. P-6 INNER GATE

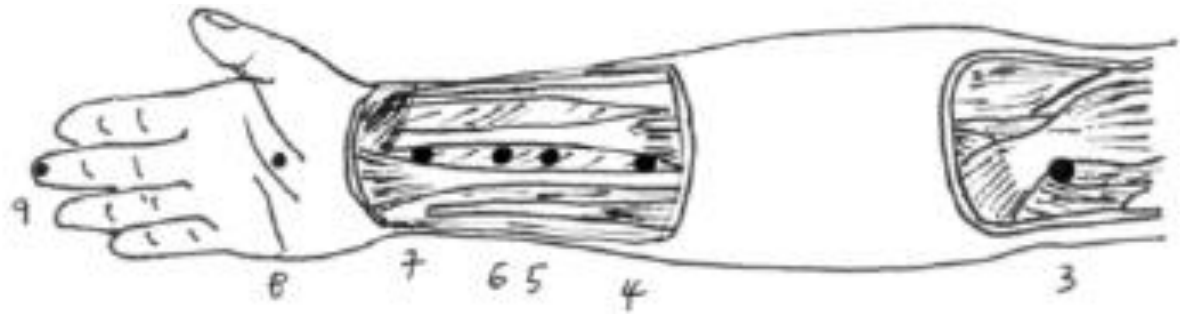
3. P-8 PALACE OF ANXIETY

P-3 MARSH AT THE BEND



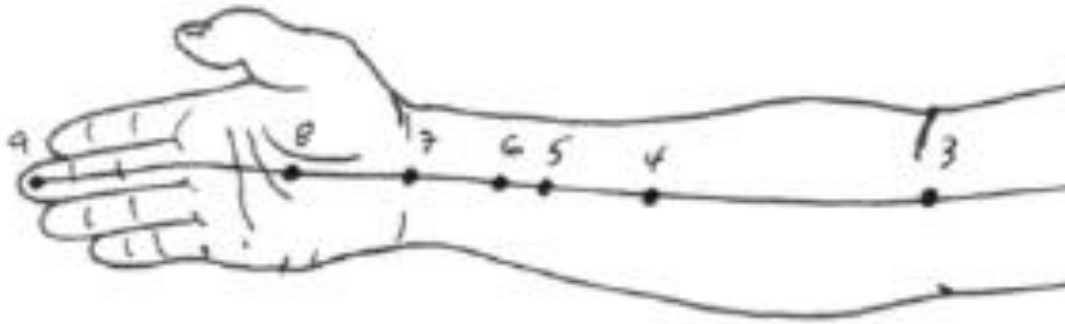
....on the transverse cubital crease, at the ulnar side of the tendon of the biceps brachii

**Key
Point**



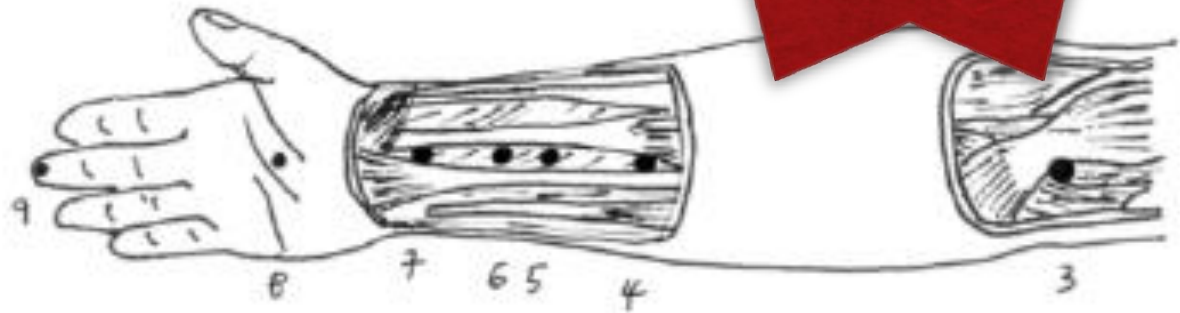
Relieves Tennis Elbow

P-6 INNER GATE



Key
Point

.... 2 units proximal the transverse crease of the wrist; between the tendons of palmaris longus and flexor carpi radialis

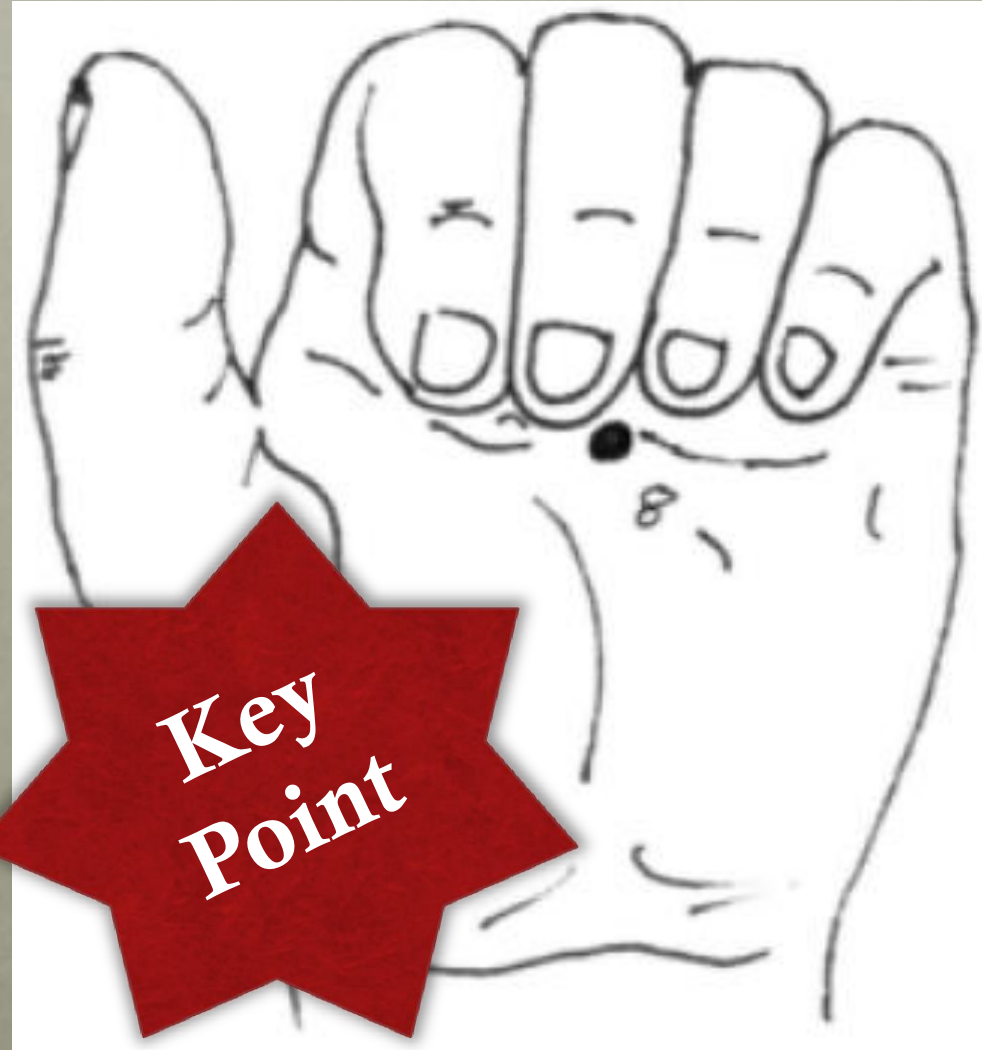


Very helpful in emergency to keep one in the body; use for morning sickness, motion sickness, etc; alleviates pain; promotes lactation and calms a reckless fetus, SELF LOVE

P-8 PALACE OF ANXIETY

.... In the middle of the palm, where the middle finger falls when flexed into the palm

Easing Nerves, Use for physical, mental and spiritual revitalization – main point for building energy; helpful for pain and tension in the hand; good emergency point for reviving consciousness



EXPLORE

- ✓ **Location & Key Points**
 - ✓ **Pericardium**
- **Up Next: Pericardium Functions**
- **Meridian Line Palpation**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

THE ESSENCE OF PERICARDIUM

Warmth

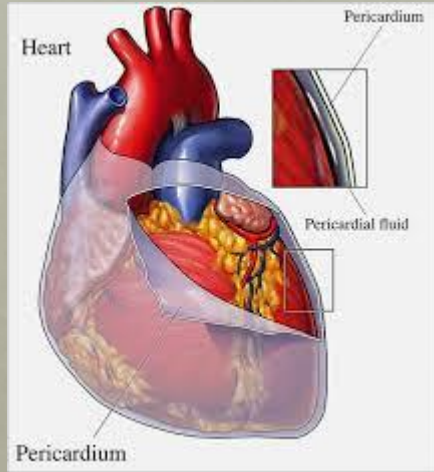
Circulation

Emotions

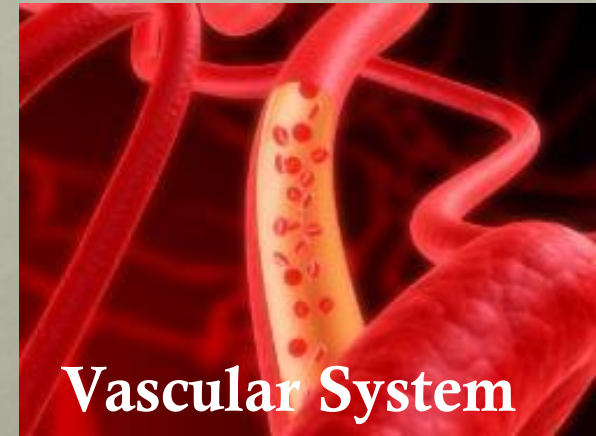
Relationship

Love is the Answer

PHYSICAL



**Protective Sheath
around Heart**



Vascular System



Blood Pressure

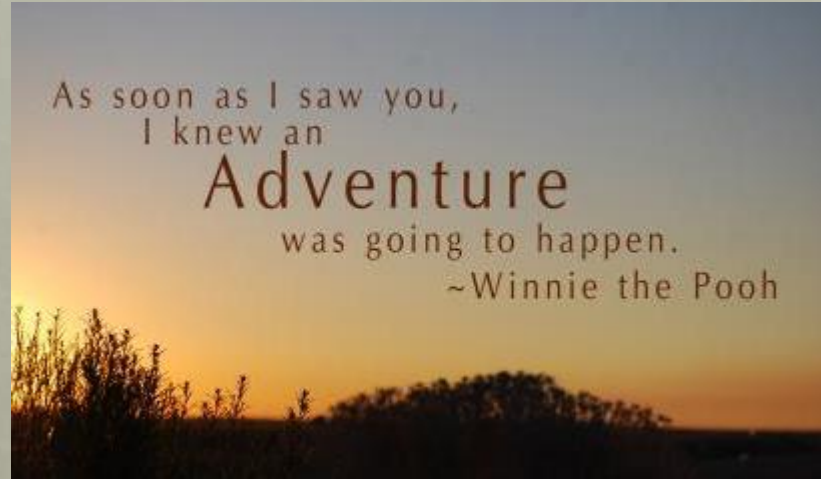


**Tongue &
Speech**

PSYCHOLOGICAL EMOTIONAL



Emotions & moods



Heart Protection
Emotional Protection



Relationships
Shared Warmth

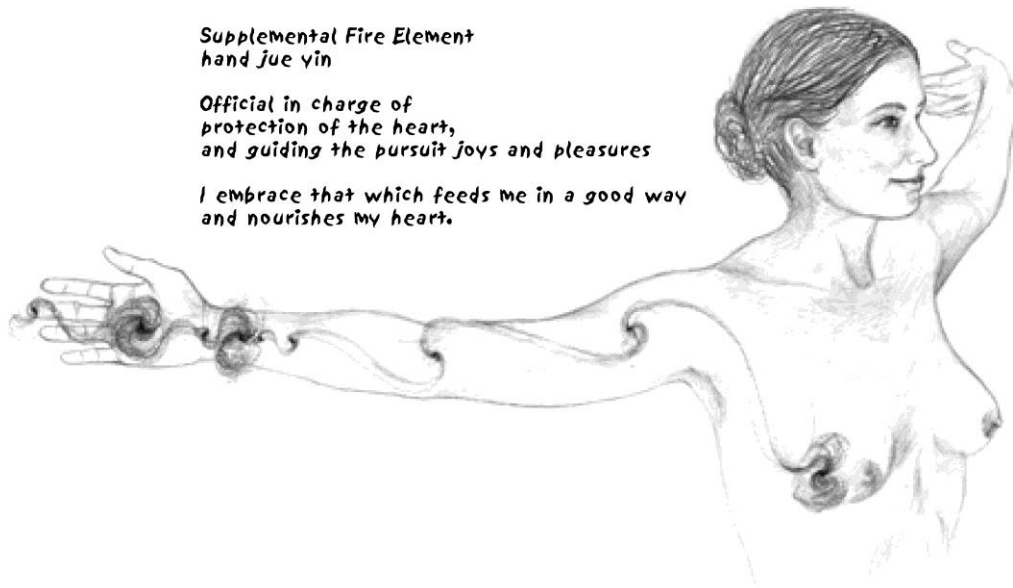
GESTURE

Pericardium Meridian

*Supplemental Fire Element
hand jue yin*

*Official in charge of
protection of the heart,
and guiding the pursuit joys and pleasures*

*I embrace that which feeds me in a good way
and nourishes my heart.*



Meridian Expressions ©2005 Matthew Sweigart

PALPATION

EXPLORE

- ✓ **Location & Key Points**
 - ✓ **Pericardium**
- ✓ **Pericardium Functions & Palpation**
- **Up Next: Triple Warmer**
- **Correspondences & Review**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

TRIPLE WARMER



I protect this precious
life.

23 POINTS



YANG
Supplemental
Fire

KEY POINTS

1. TH-4 YANG'S POOL
2. TH-5 OUTER GATE
3. TH-23 SILK BAMBOO HOLLOW

TH-4 YANG'S POOL



*.... just proximal to
the carpal bones,
between the heads of
the ulna and the
radius and lateral to
the extensor
digitorum muscle*

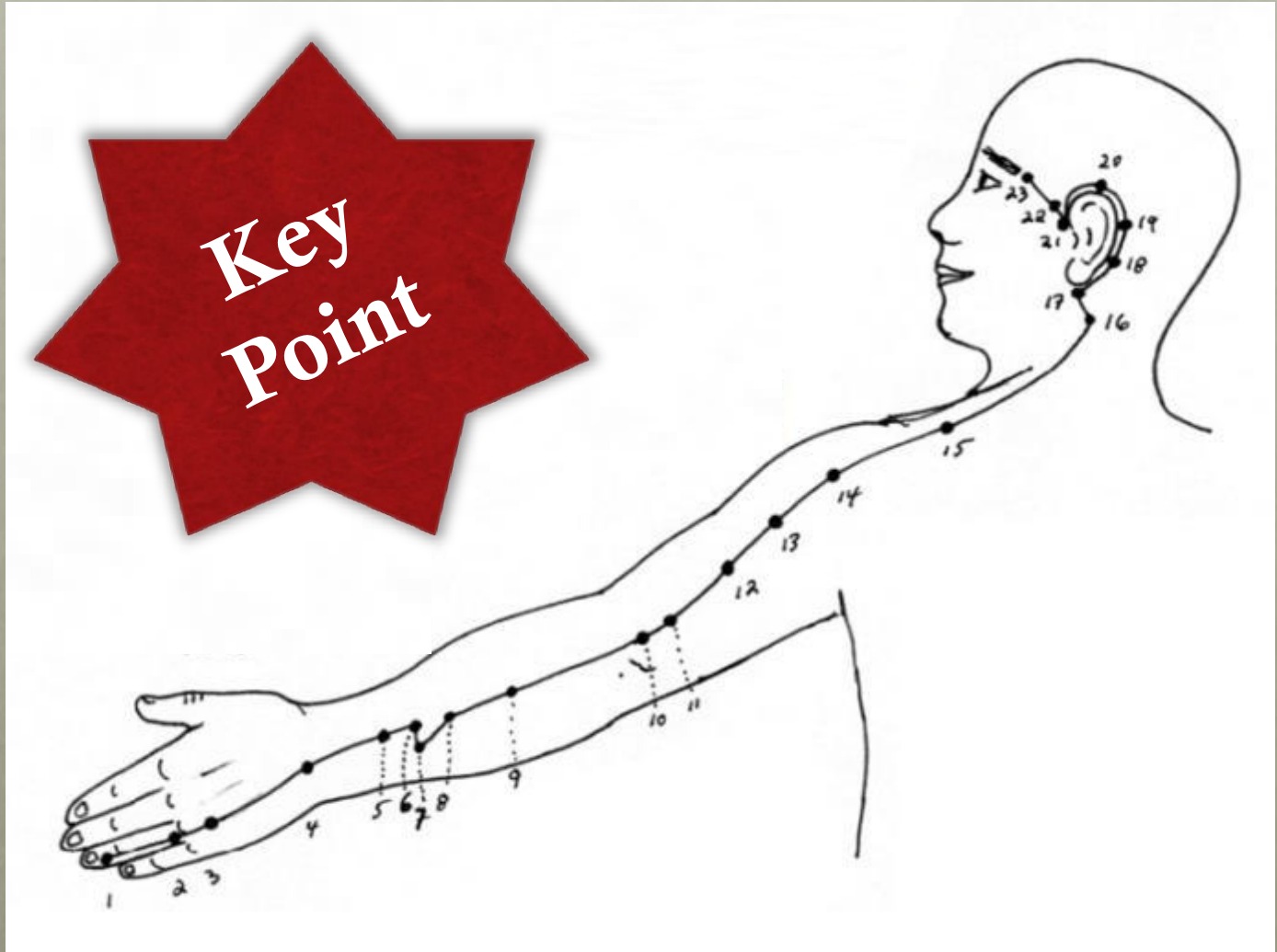
**Key
Point**

Triple Heater Source point;
good for pain and stiffness of
the shoulder, arm

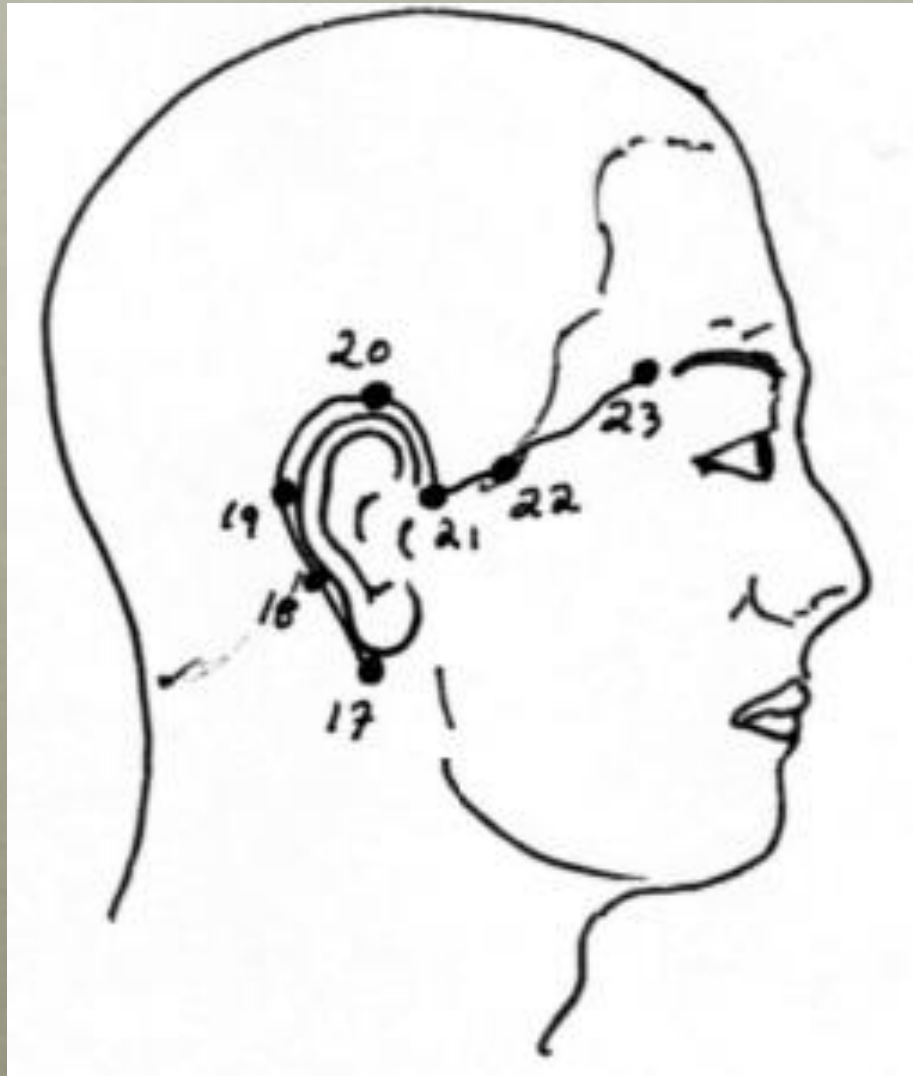
TH-5 OUTER GATE

*.... on the
dorsum of the
forearm, 2 cun
above the wrist
crease between
the ulna and
radius*

Great point
for treating
exterior
conditions
and tonifying
the body's
Wei Qi; Love
of Others



TH-23 SILK BAMBOO HOLLOW



**Key
Point**

*.... in the small depression at the
lateral edge of the eyebrow*

**Heat Strain
Headaches**

EXPLORE

- ✓ Location & Key Points
 - ✓ Triple Warmer
- Up Next: Triple Warmer Functions
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**THE ESSENCE OF
TRIPLE WARMER**

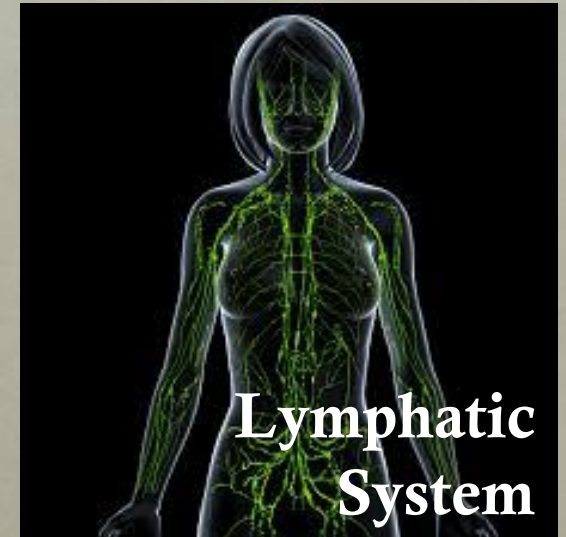
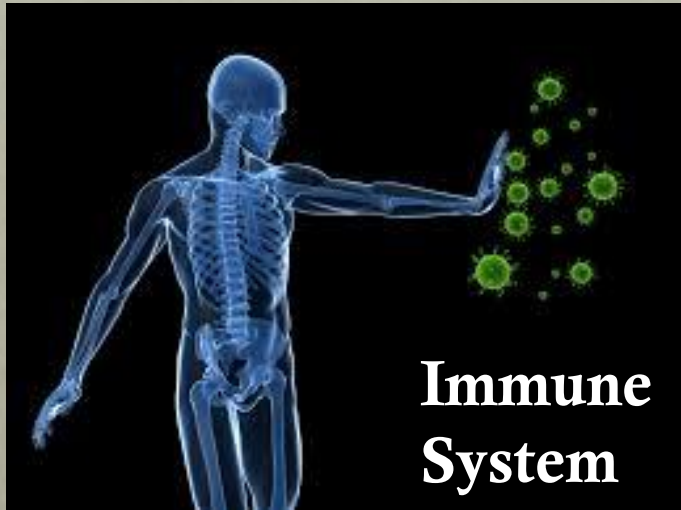
Immune System

Protective Mechanisms

Easy Familiarity

Longing for Connection

PHYSICAL



**Regulation/immune
response**



PSYCHOLOGICAL EMOTIONAL



Easy Familiarity



Connection



GESTURE

Triple Warmer Meridian

Supplemental Fire Element
hand shao yang

Official in charge of
regulation of the temperature
and immune response

I protect myself from all
that would harm me.



Meridian Expressions ©2005 Matthew Sweigart

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CORRESPONDENCES



FIRE

RED

Summer

bitter

YIN

Pericardium – 7-9pm

Yang

Triple Heater
9-11pm



SPEECH

NOW YOU!

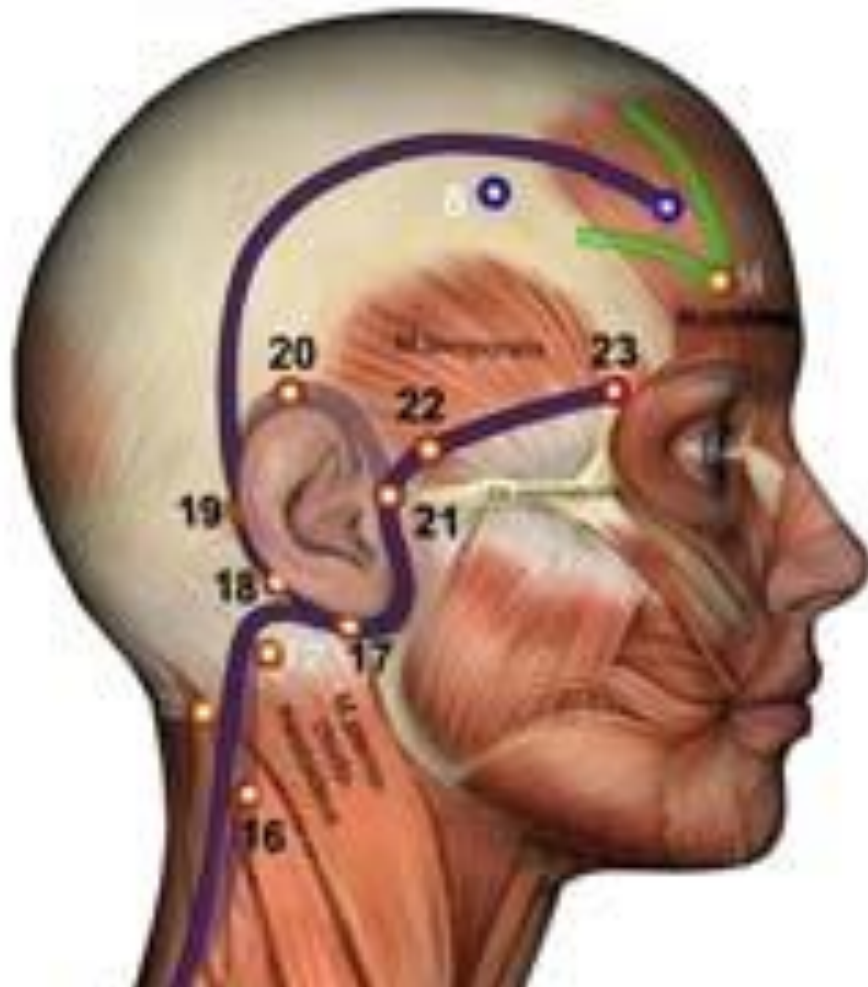


WHICH MERIDIAN?

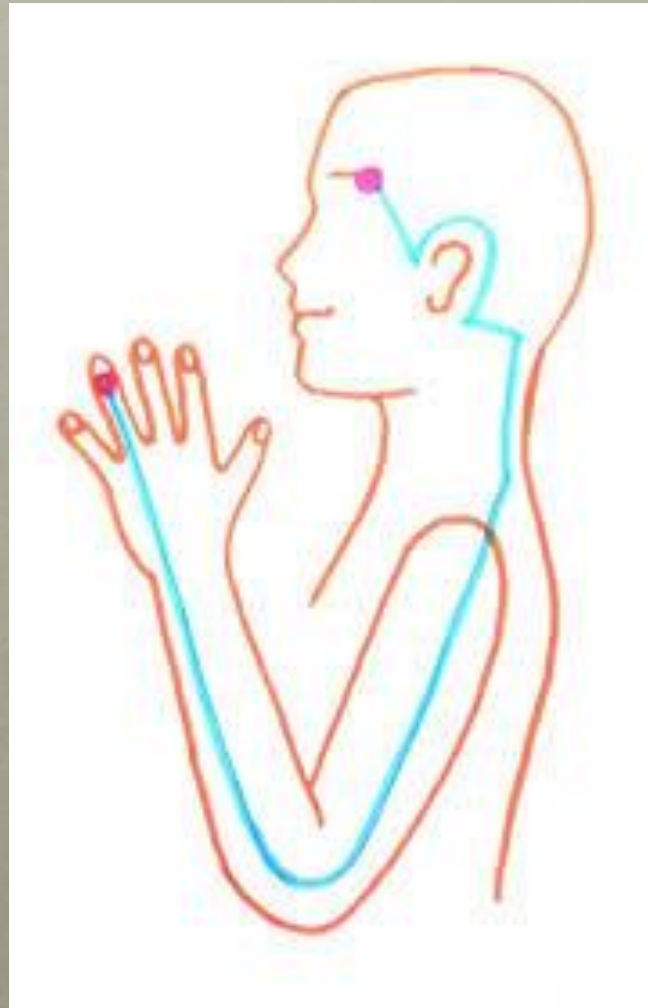


YIN

WHICH MERIDIAN?



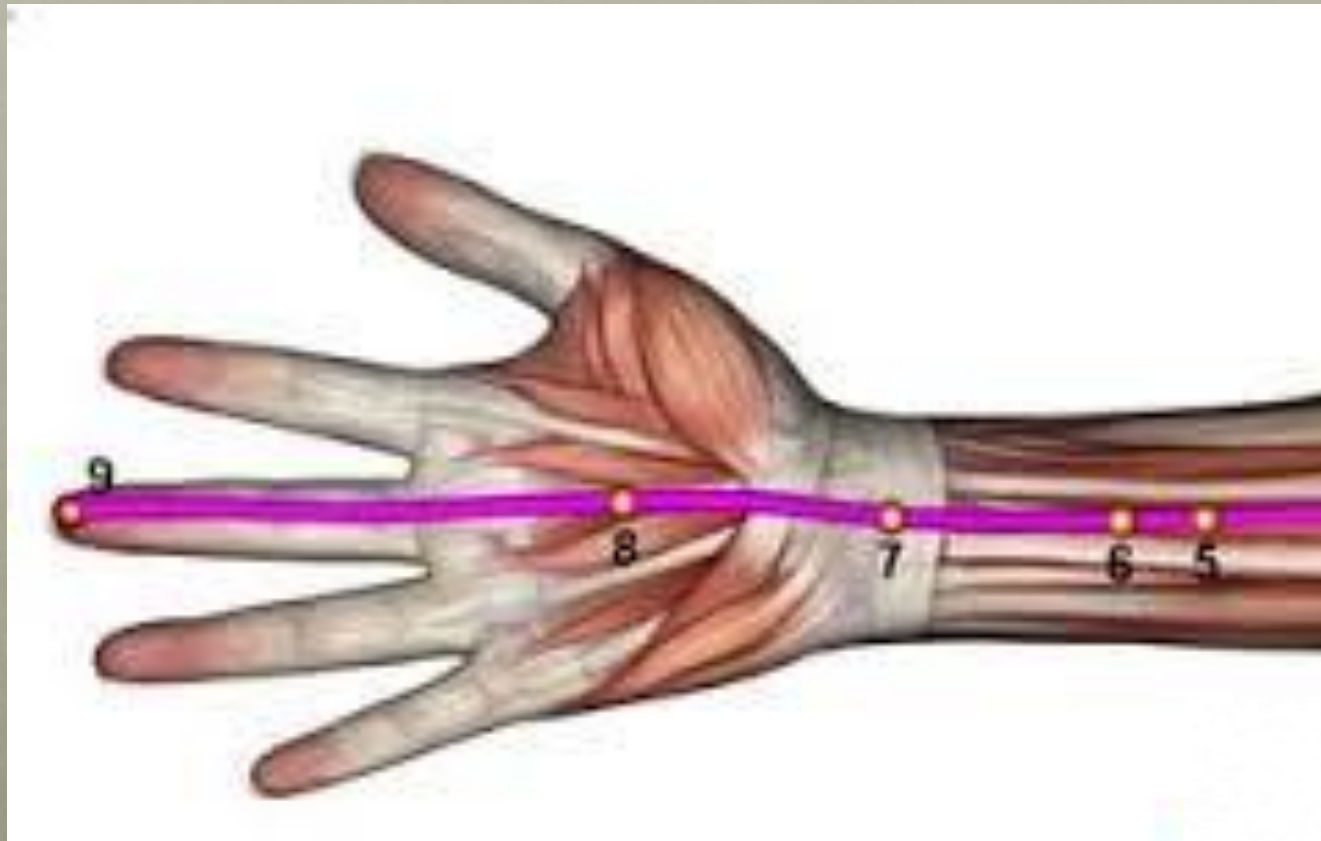
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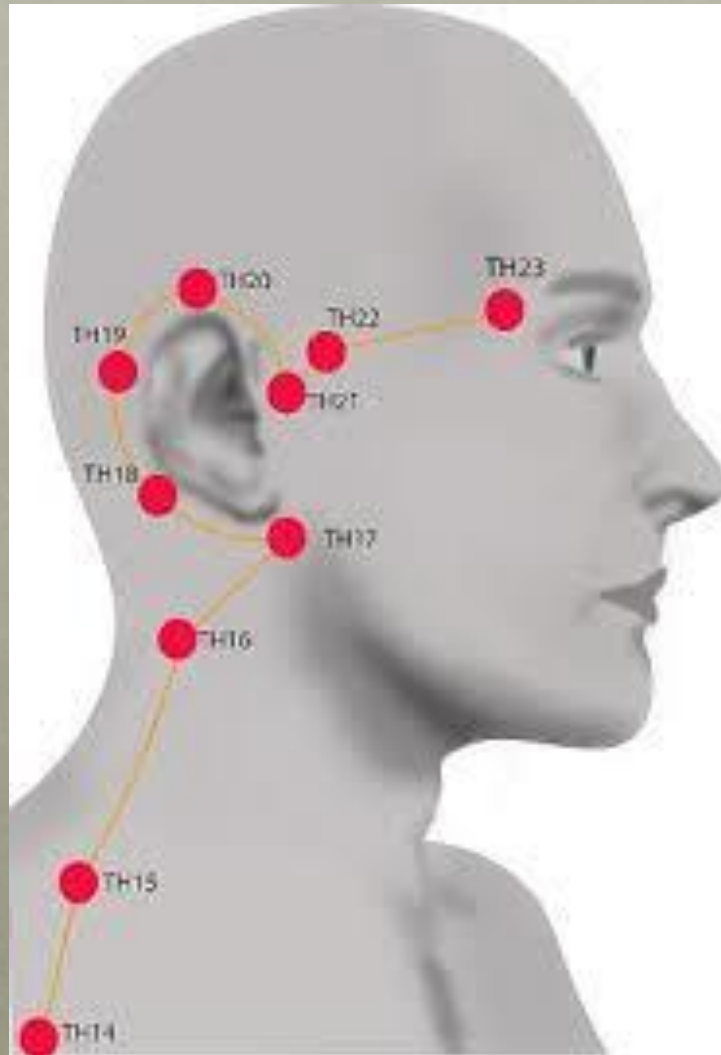
WHICH MERIDIAN?



WHICH MERIDIAN?



WHICH MERIDIAN?



WHICH MERIDIAN?

Yang

WHICH MERIDIAN?



WHICH MERIDIAN?



BODYWORK!

**DEMONSTRATION &
STUDENT EXCHANGE**