

The **Earth** Element

Correspondences

The way of Earth

- * General Review
- * Correspondences
- * Point Review
- * New Points
- * Self-Evaluation



What do we already know?

- * **Earth Element Meridians?**
 - * **Stomach**
 - * **Spleen/Pancreas**

- * **Which is yin?**

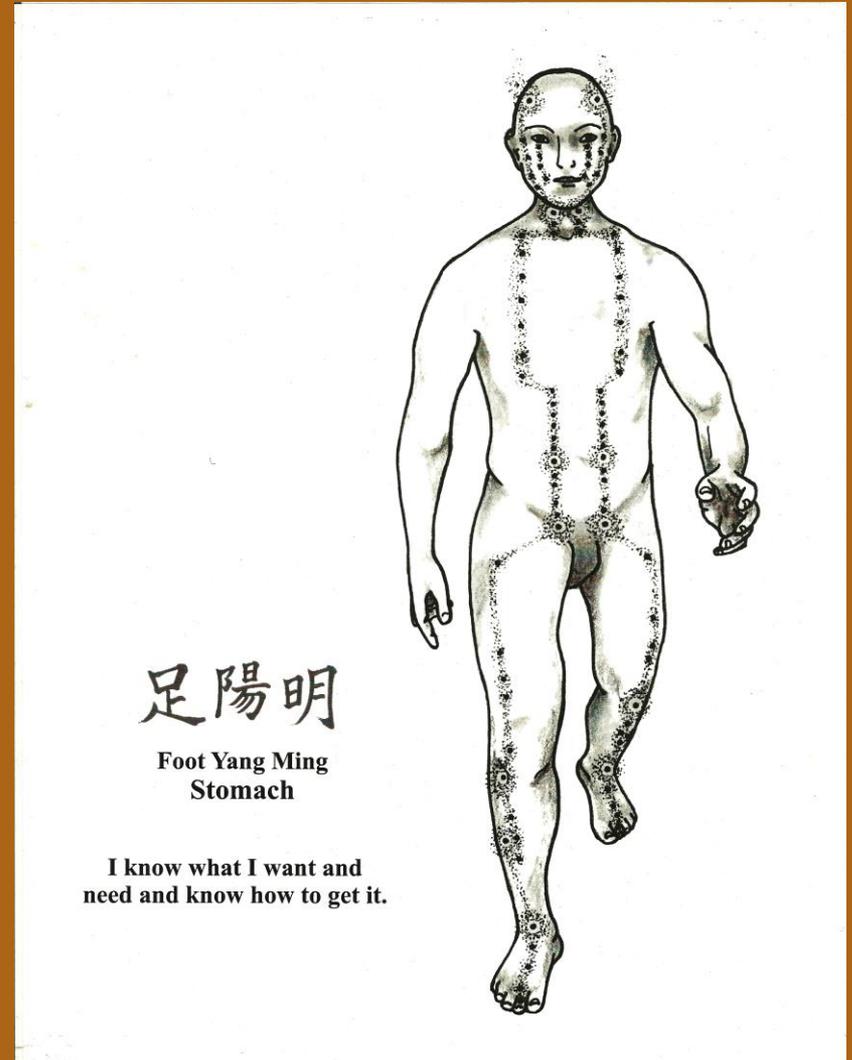
- * **Which is yang?**

- * **What are their directions of flow?**

Meridian Qigong Gestures

Stomach

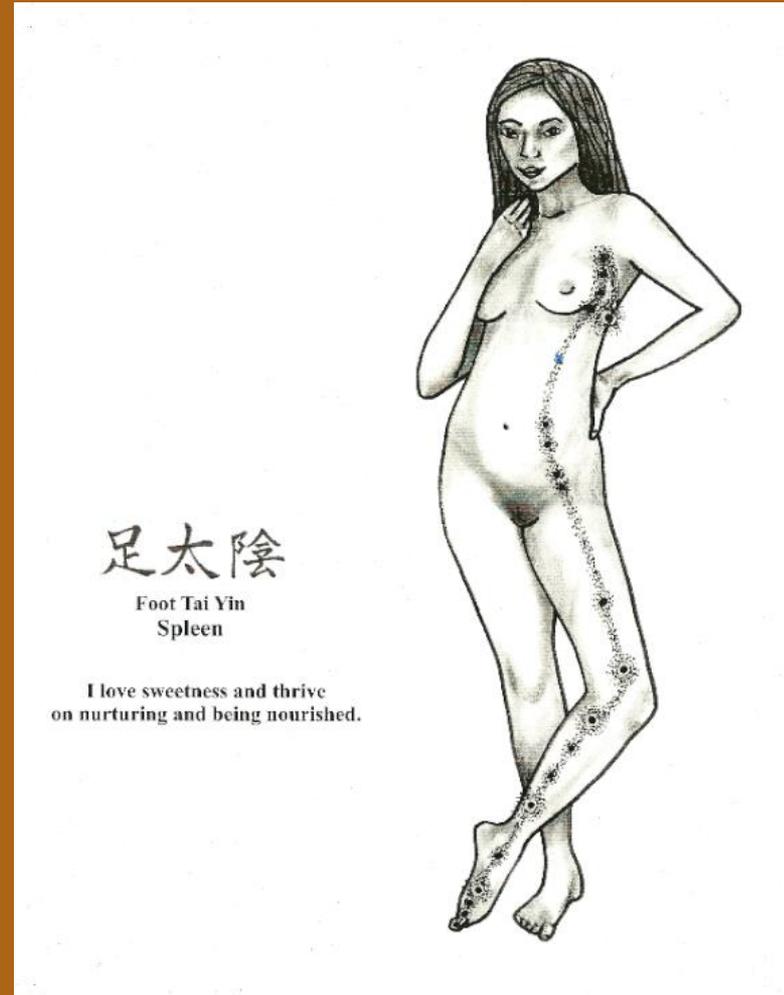
I know what I need and
I know how to get it.



Spleen Meridian Gesture

I love sweetness and thrive on nurturing and being nourished.

Foot Tai Yin



Earth Meridian Stretch

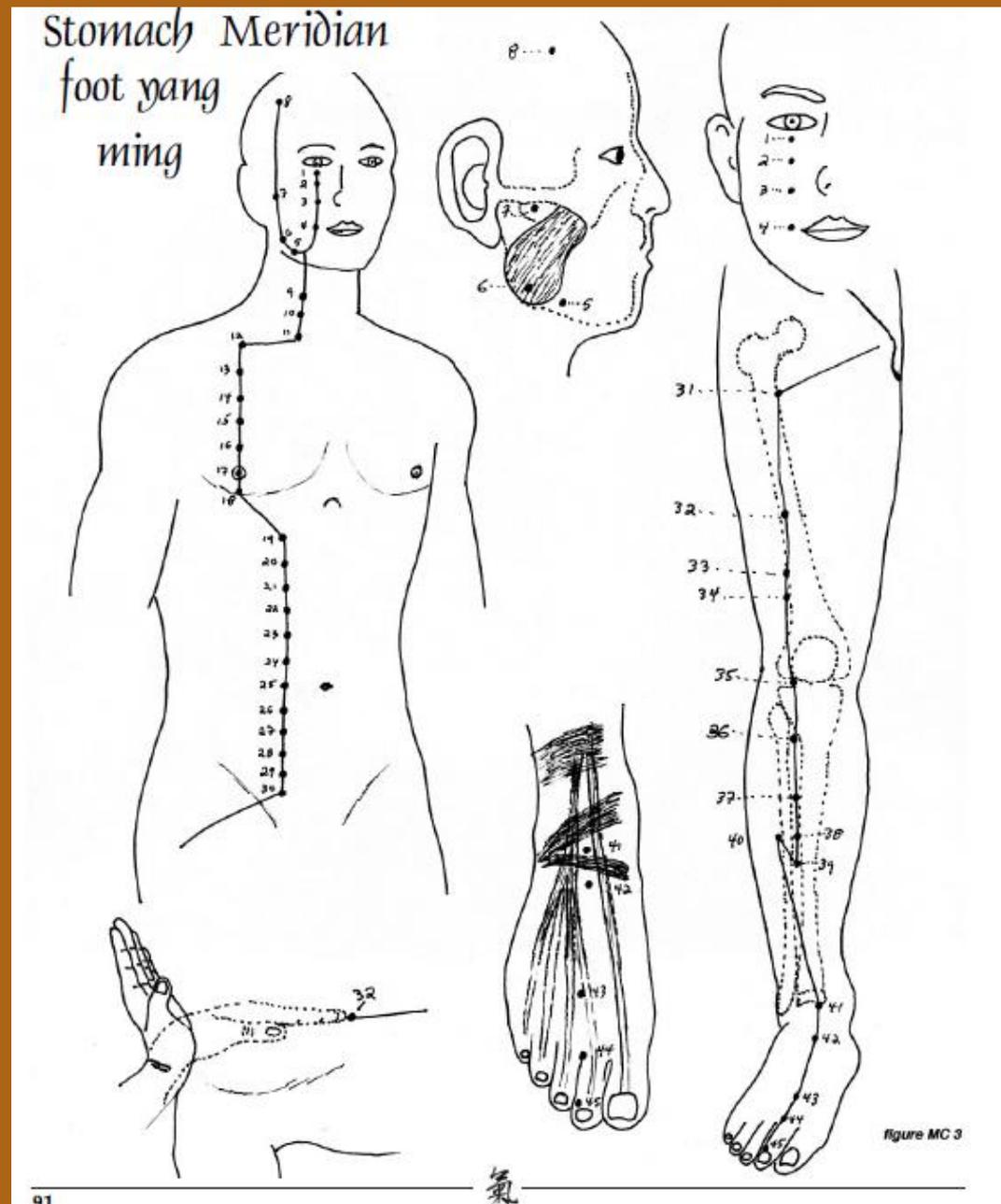


Locations

* Stomach

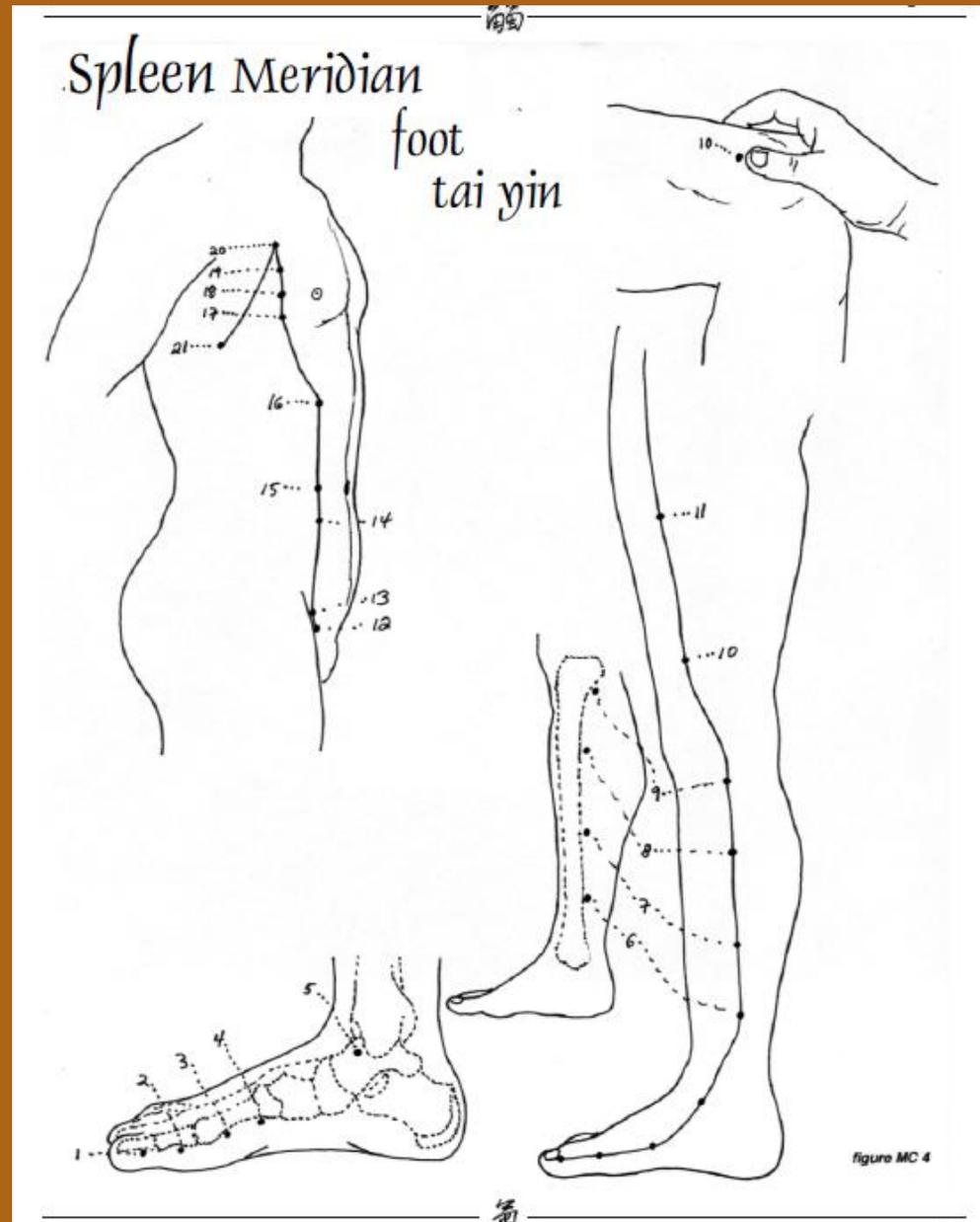
* Where is it?

* Body position?



Locations

- Spleen
- Where is it?



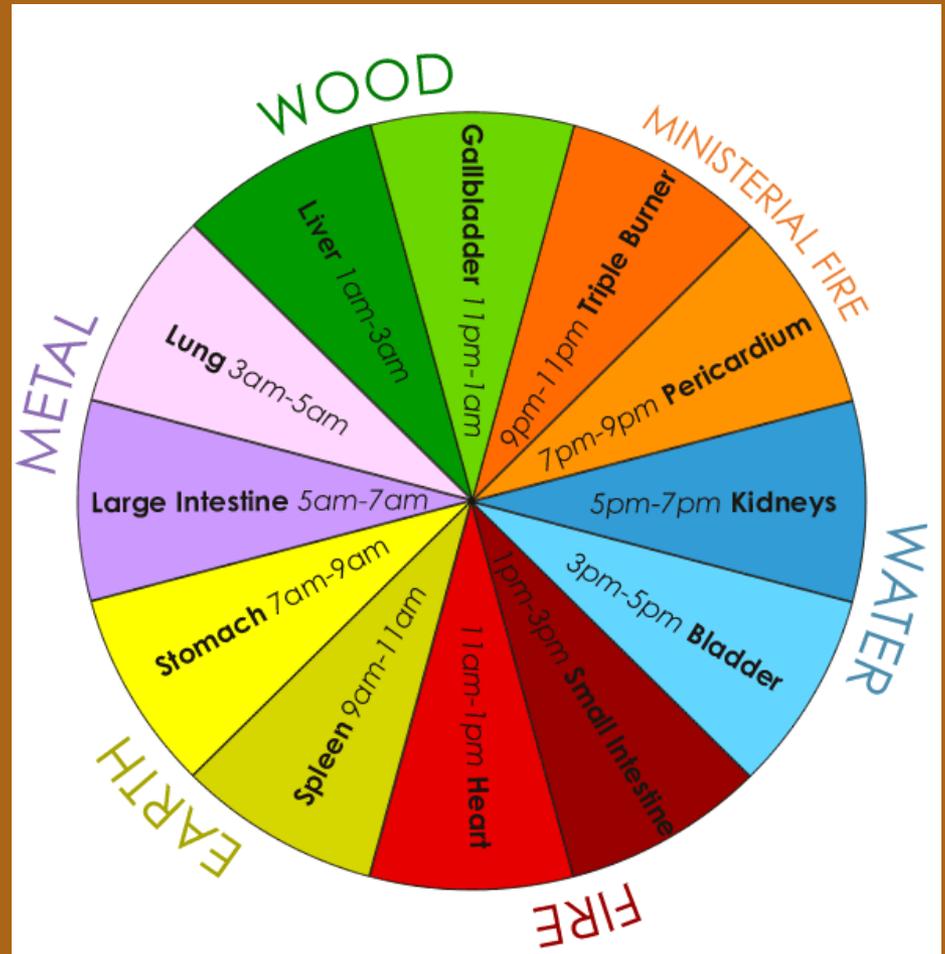
Times of Day

* Stomach

7am-9am

* Spleen

9am-11am



The way of Earth

☑ General Review

- ✓ Meridians, Yin/Yang
- ✓ Gestures
- ✓ Locations
- ✓ Times of Day

NEXT: Correspondences

- * Point Review
- * New Points
- * Self-Evaluation



Color: Yellow



Season: Indian Summer Doyo



Energy: Binds

Emotion

Negative: Worry, Rumination,
Sympathy, Mulling over things



Positive: Faith, Trust

Expression: Singing

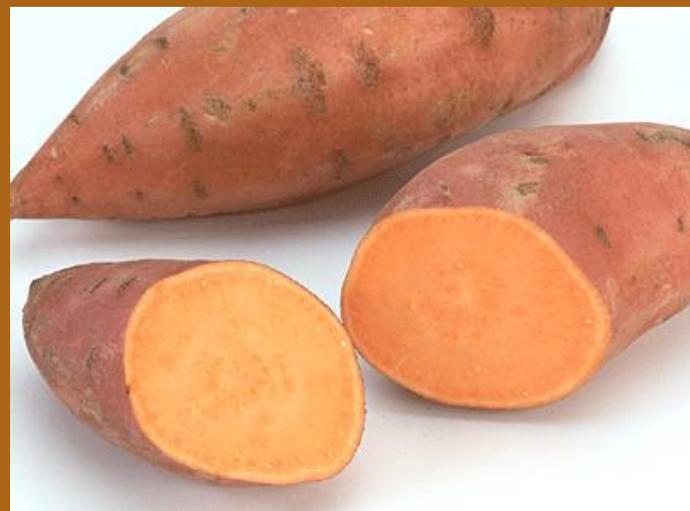


Sense Organ: Mouth



Sense: Taste

Taste: Sweet



Body Tissue

Flesh



Body Fluid

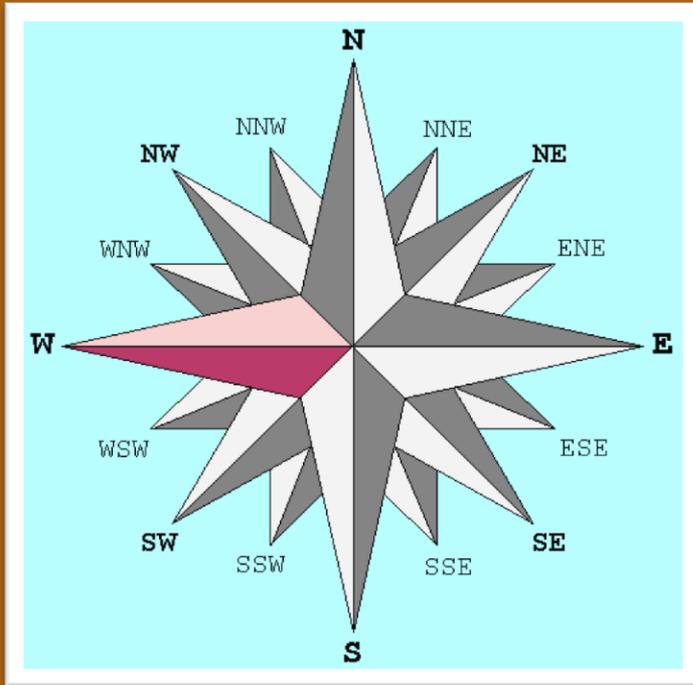
Saliva



Manner: belching, wretching



Direction: Center



Climate: Dampness

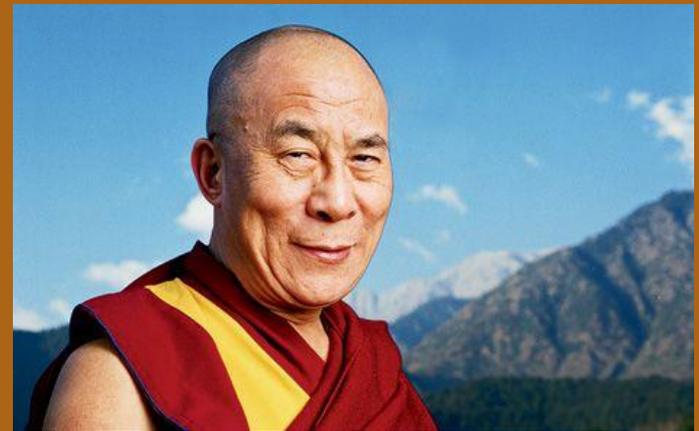
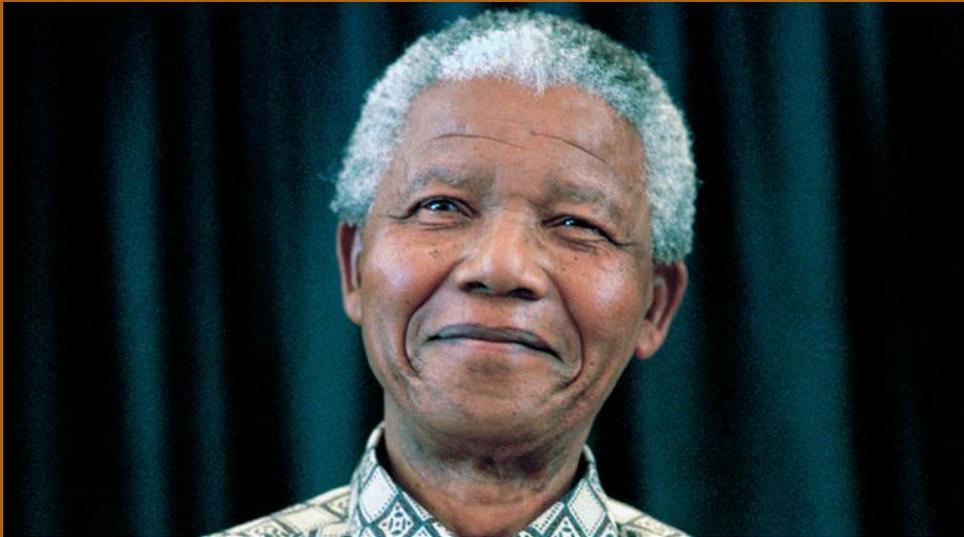
Produced by: cheese,
milk, and dairy products



Foods to support the
Spleen: Yellow, orange
and root veggies



Archetype for Earth



The Peacemaker

The way of the Earth

☑ General Review

☑ Correspondences

✓ Color, Season, Energy

✓ Emotions, Expression

✓ Sense, Sense Organ

✓ Taste

✓ Body Fluid, Body Tissue

✓ Manner

✓ Direction

✓ Climate

✓ Personality Type

UP NEXT: Point Review

◎ New Points

◎ Self-Evaluation

Point Review

* Stomach

* St-36

* St-41

* St-45

- Leg 3-miles
- Shoelace Point
- Severe Mouth

* Spleen

* Sp-6

* Sp-10

* Sp-21

- Three Yin meeting
- Sea of Blood
- Great Embracement

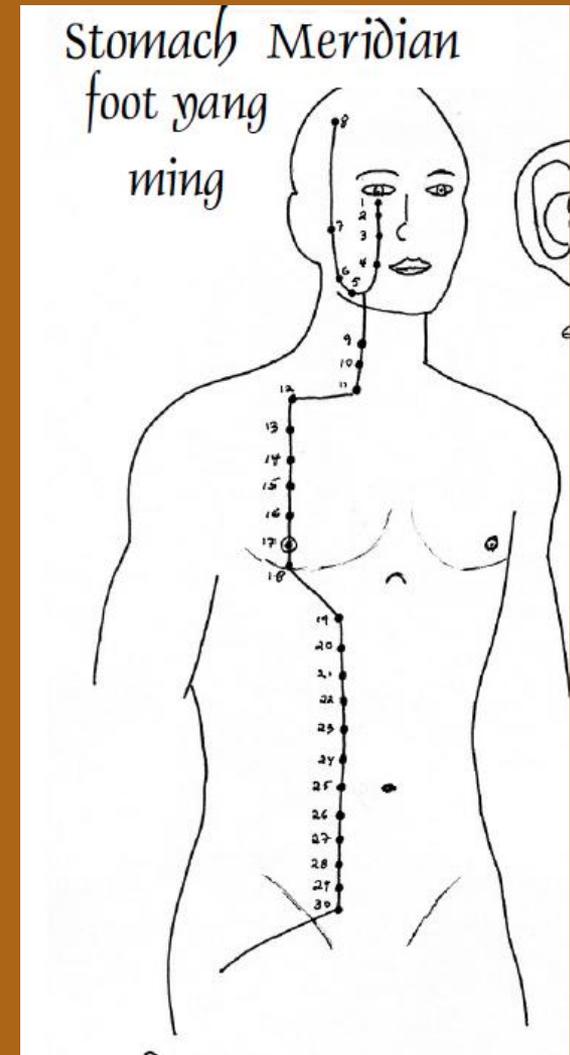
Key
Point

New Point: St 25

Celestial Pivot

2 Cun lateral to Umbilicus

- * Large Intestine Alarm Point
- * Parasite Test Point
- * Abdominal Pain, Intestinal Health



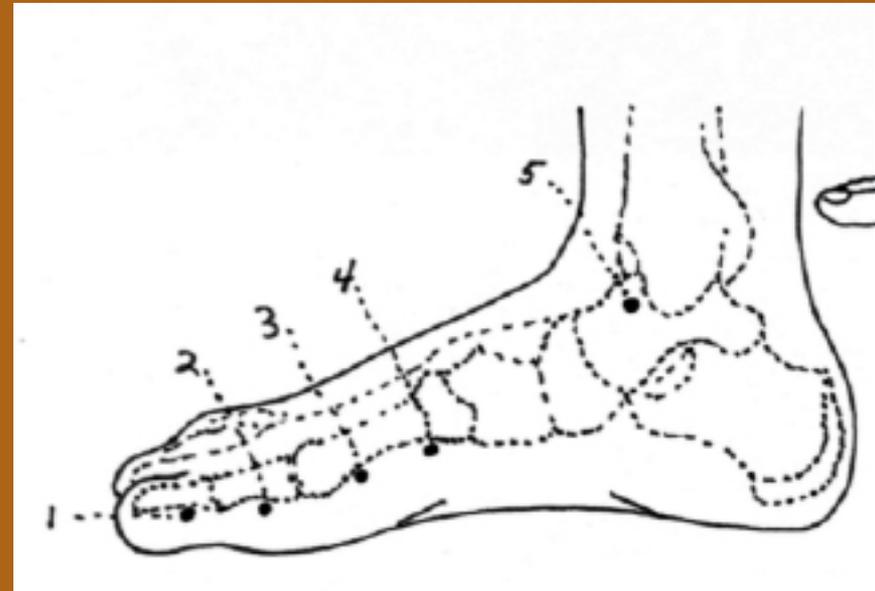
New Point: Spleen 4 *Yellow*

Emperor

Key
Point

In the depression distal and inferior to the base of the 1st metatarsal bone.

- * Digestive Health
- * Tonify Stomach and Spleen



The way of Earth

- ☑ General Review
- ☑ Correspondences
- ☑ Point Review
- ☑ New Points
 - ✓ LU-5 Cubit Marsh
 - ✓ LI-14 Upper Arm's Musculature



UP NEXT: Self-Evaluation

Think you're an Earth Type?

* KEYS TO UNDERSTANDING EARTH:

- Wants to be involved and needed
- Likes to be in charge but not in the limelight
- Agreeable and accommodating, wants to be all things to all people
- Seeks harmony and togetherness
- Insists upon loyalty, security, and predictability

* Typical Problems:

- Worry, obsession, and self-doubt
- Meddling, and overprotective
- Lethargy, indigestion, unruly appetites, water retention,
- Muscle tenderness
- Unrealistic expectations and disappointment

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