

The Metal Element

Correspondences



The Metal Path

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



What do we already know?

- Metal Element Meridians?
 - Lung
 - Large Intestine
- Which is yin?
- Which is yang?
- What are their directions of flow?

Meridian Qigong Gestures

Lung



Large Intestine Meridian

Metal Element
hand yang ming

official in charge of
dust bin collection

*I let go of that which is
of no use to me, happily
and gracefully.*

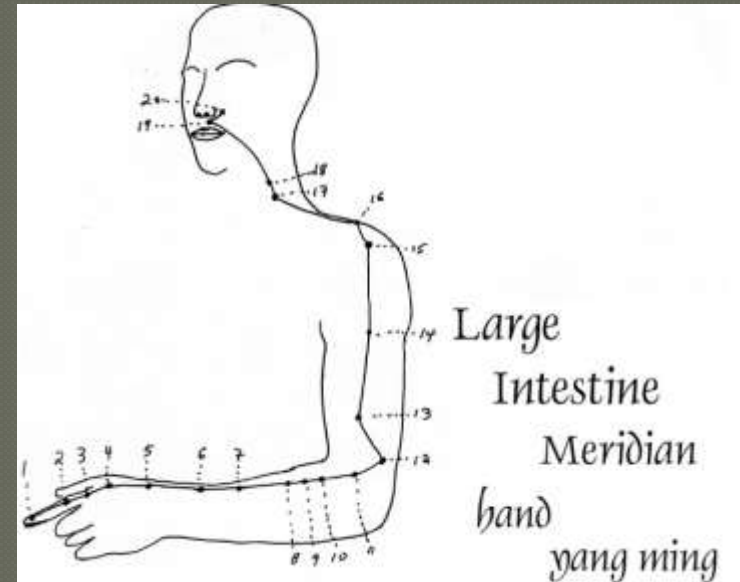


Large Intestine

Locations

○ Lung

- Where is it?
- Body position?



○ Large Intestine

- Where is it?
- Body position?

Times of Day

- Lung
 - 3-5am
- Large Intestine
 - 5-7am



The Metal Path

☑ General Review

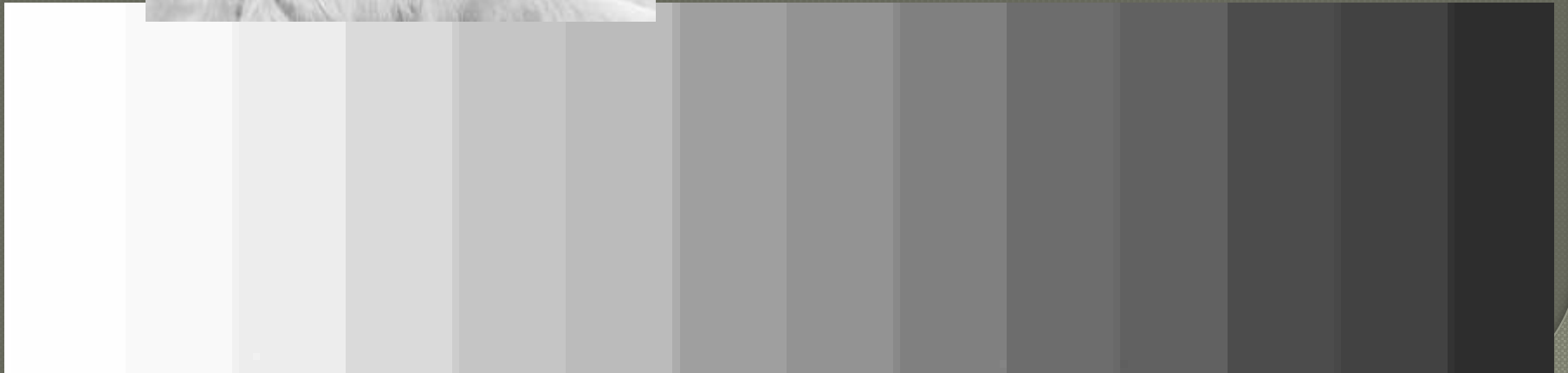
- ✓ Meridians, Yin/Yang
- ✓ Gestures
- ✓ Locations
- ✓ Times of Day

NEXT: Correspondences

- Point Review
- New Points
- Self-Evaluation



Color: White/Gray



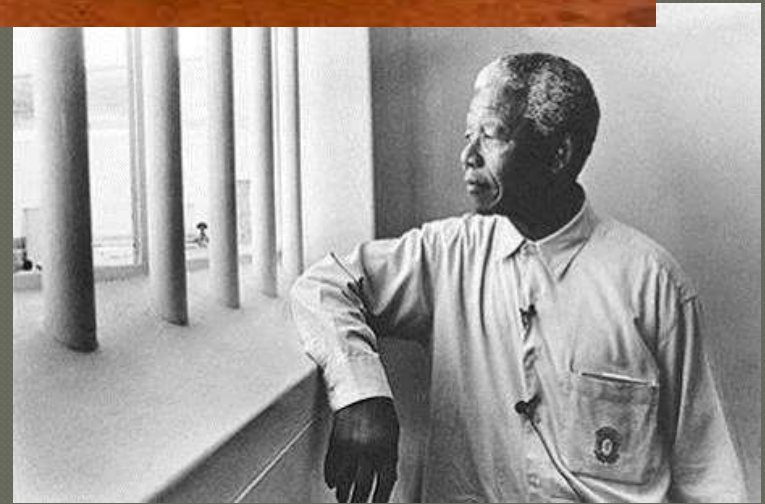
Season: Autumn



Energy: Drops

Emotion

Negative: Grief

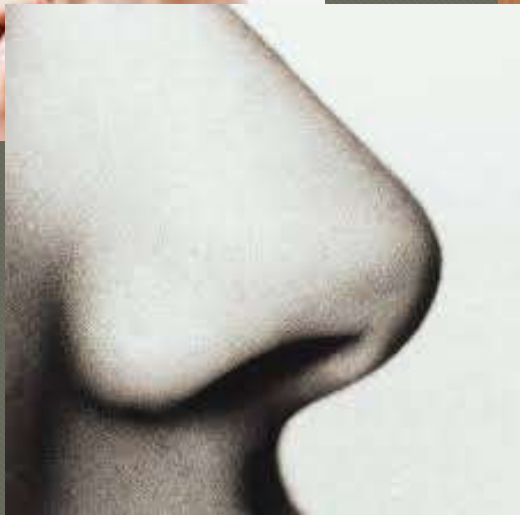


Positive: Integrity

Expression: Weeping



Sense Organ: Nose



Sense: Smell

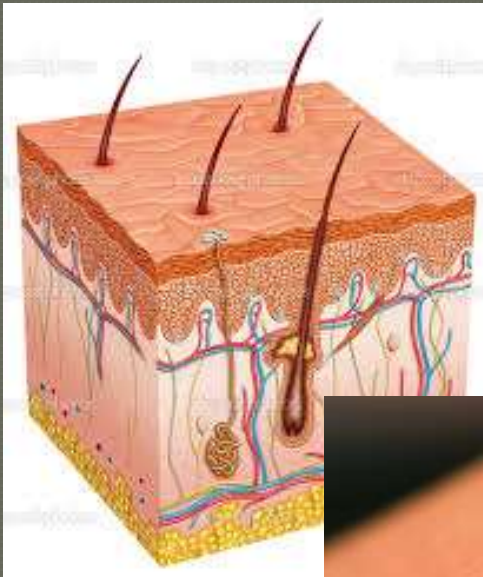
Taste: Spicy



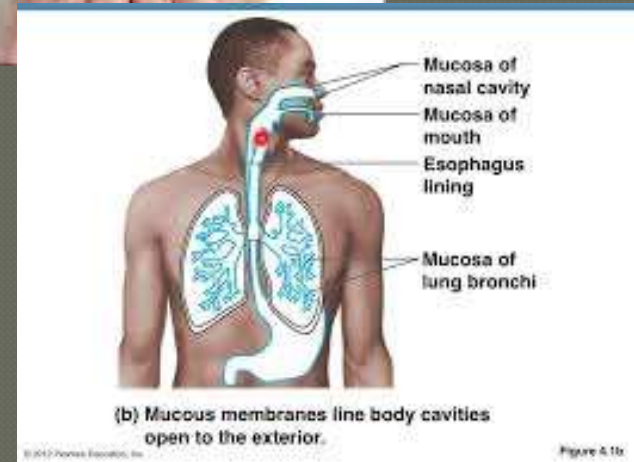
Body Tissue

Body Fluid

Skin



Mucous

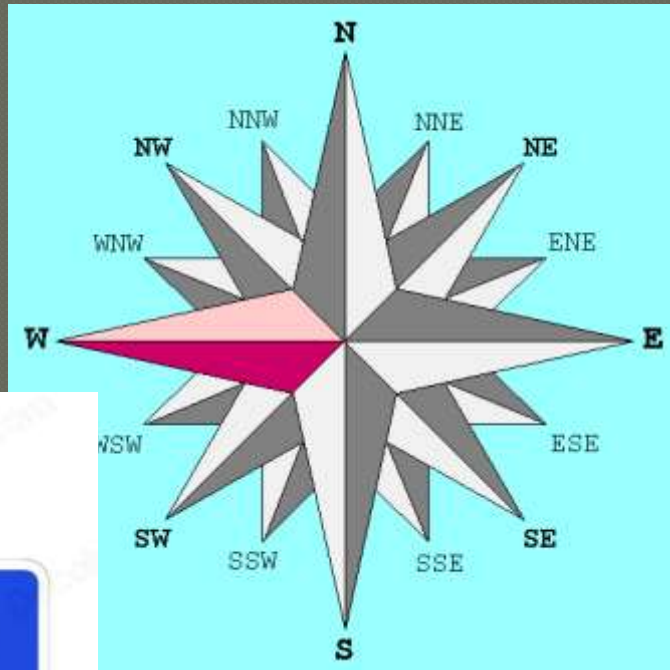


(b) Mucous membranes line body cavities open to the exterior.

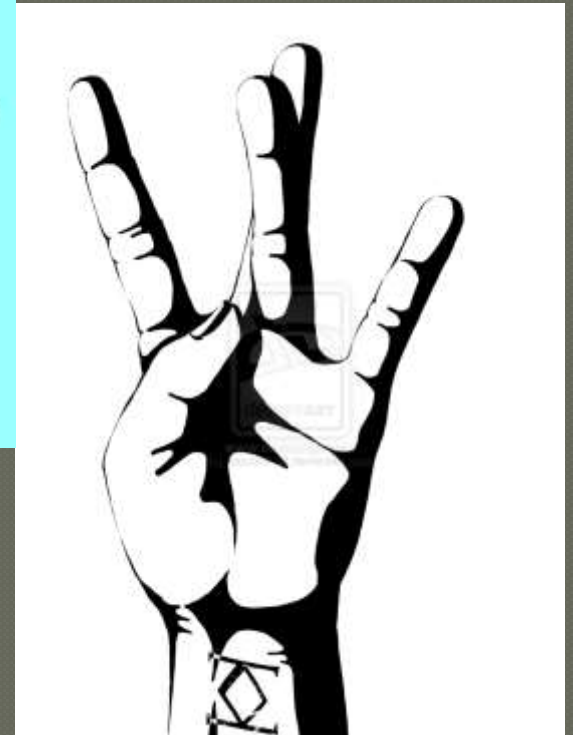
Manner: Coughing/Scratching



Direction: West



WEST



Climate: Dryness

Produced by:



Spicy Foods



Stimulants

Climate: Dryness

Manifests as:

Brittle hair & nails

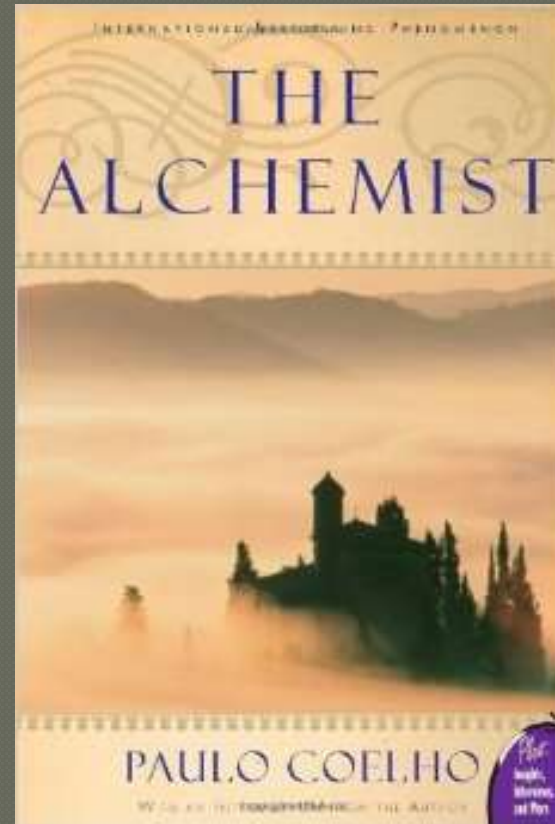


Dehydration



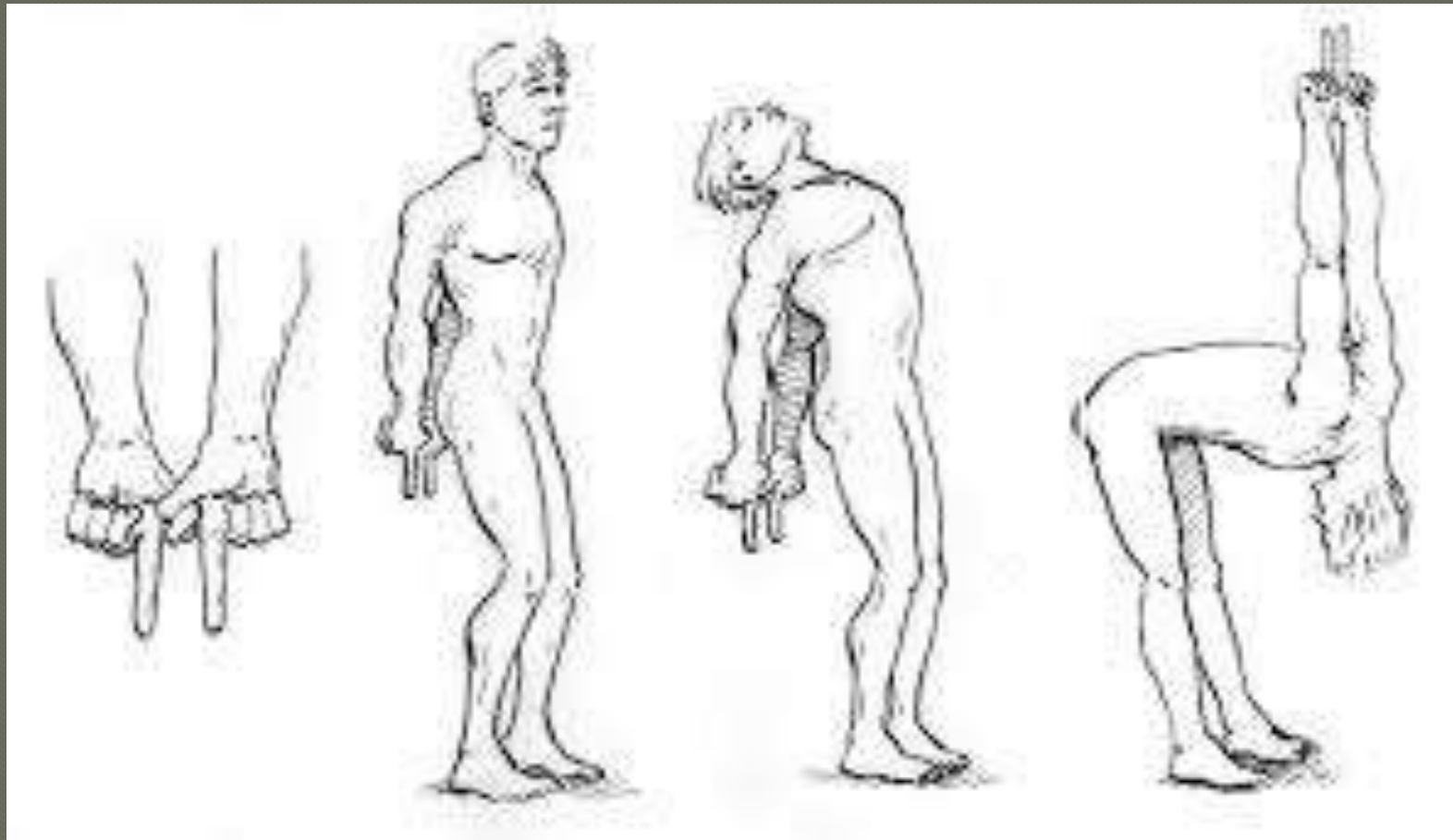
Irritated Eyes

Personality Type



The Alchemist

Meridian Stretch



The Metal Path

☑ 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

◎ Lung

- LU-1
- LU-9
- LU-11
- Central Treasury
- Great Abyss
- Little Merchant

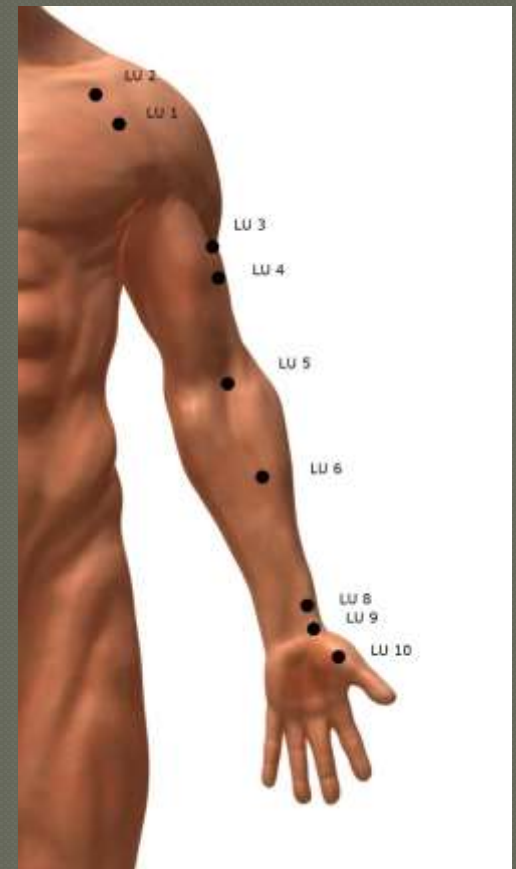
Key
Point

New Point: Lung 5

Cubit Marsh

*On the radial side of the biceps
brachii tendon in the elbow crease*

- Open and relax the chest
- Pain/Spasms of the elbow/arm
- Holding on Tightly



Point Review

◎ Large Intestine

- LI-4
- LI-10
- LI-20
- Meeting Valleys
- Arm 3 Miles
- Welcome Fragrance

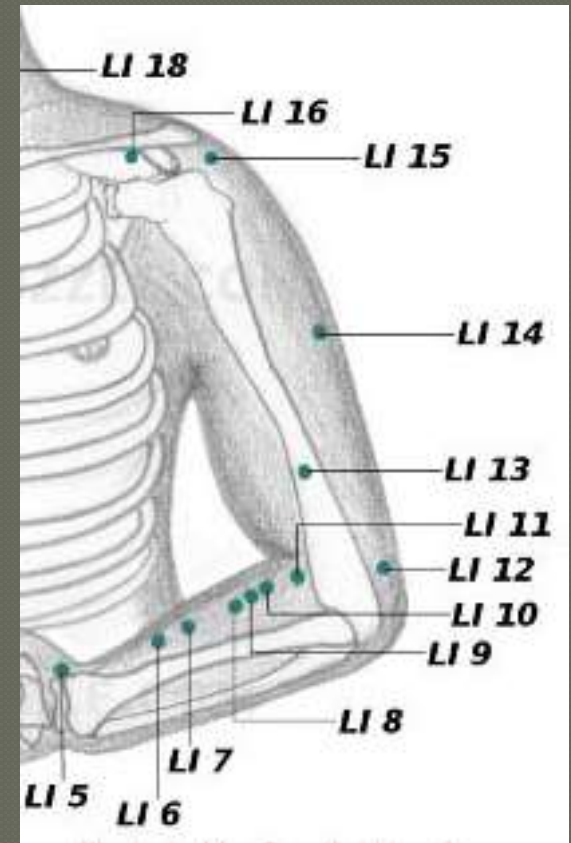
New Point: Large Intestine 14

Upper Arm's Musculature

**Key
Point**

At the inferior border of the deltoid, where it forms a "V"

- Treats pain/tension in the shoulder
- Relaxes tendons, muscles, ligaments
- Benefits the eyes



The Metal Path

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



UP NEXT: Self-Evaluation

Think you're a Metal Type?

● KEYS TO UNDERSTANDING METAL:

got reason?



Likes definition, structure



Respects authority

Think you're a Metal Type?

TYPICAL PROBLEMS:



Indifference



Strict



The
Self-Righteous
Person

The Metal Path

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- ☑ Self-Evaluation

