

Water Element

Correspondences



Journey through Water

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

What do we already know?

- Water Element Meridians?
 - Bladder
 - Kidney
- Which is yin?
- Which is yang?
- What are their directions of flow?

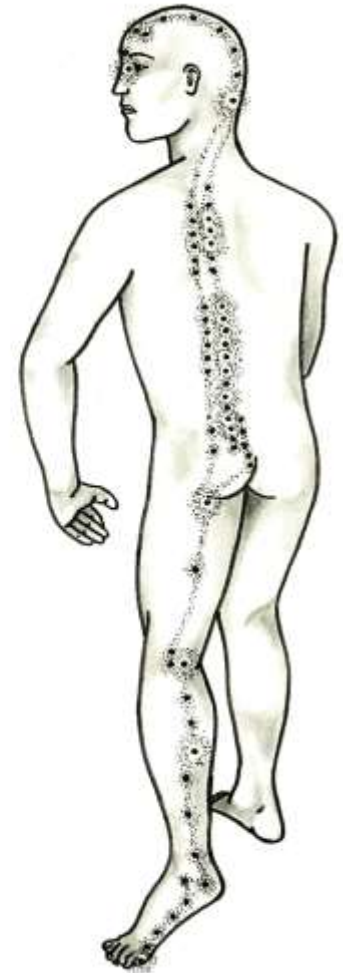
Meridian Gestures

- Bladder
- Foot Tai Yang
- I drive myself forward keeping and eye on my back

足太陽

Foot Tai Yang
Bladder

I drive myself forward
keeping an eye on my back.

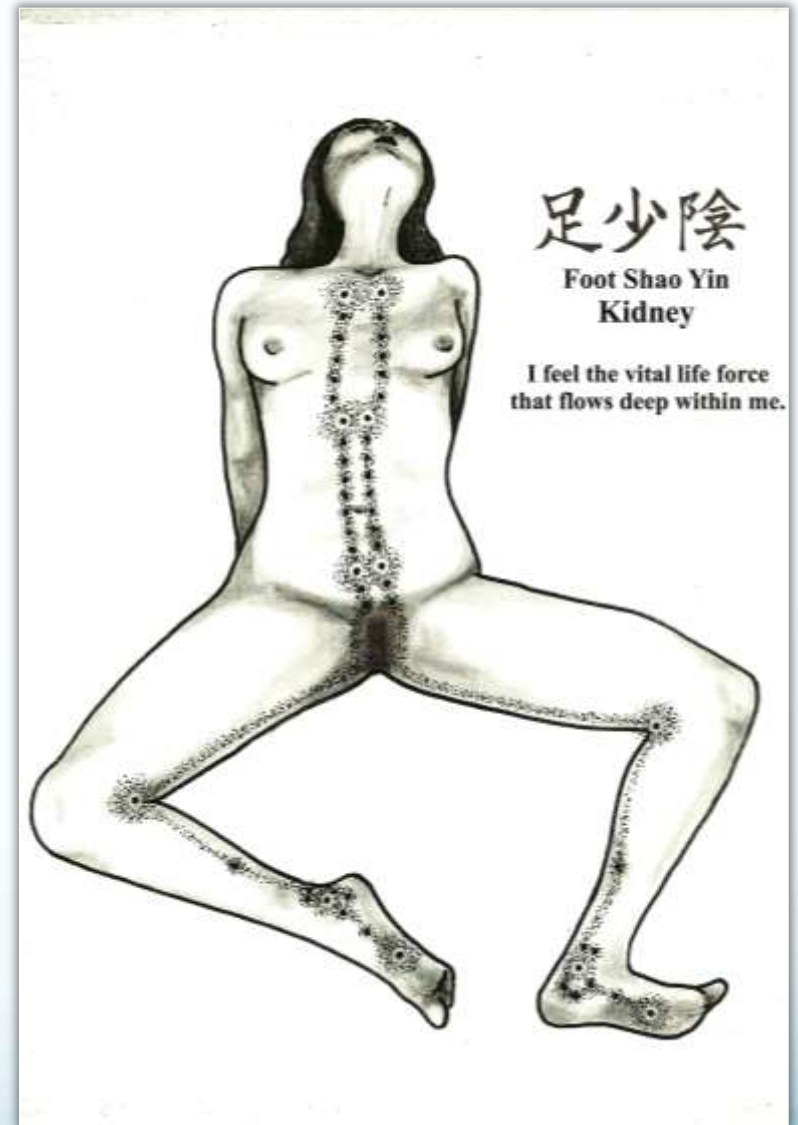


Meridian Gestures

Kidney

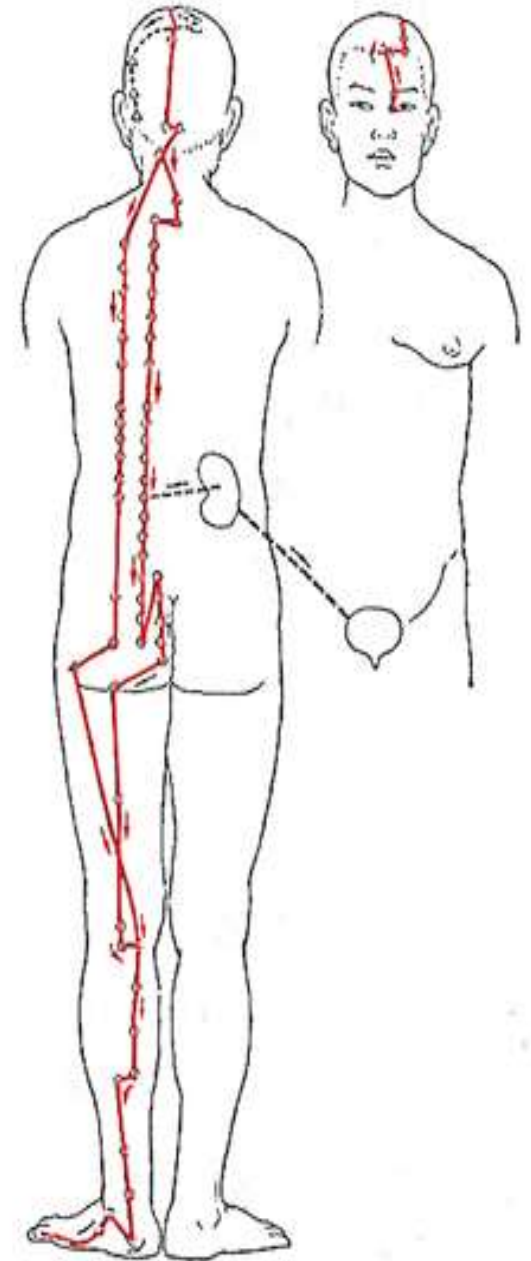
Foot Shao Yin

I feel the vital life force that
flows deep within me



Locations?

- Bladder?
 - Where is it?
 - Back body



Kidney

Where is it?

Is it on the back body or the front body?

Kidney is so yin that it is almost yang



Times of Day

- Bladder
 - 3pm-5pm
- Kidney
 - 5pm-7pm



Journey through Water

- General Review
 - Meridians, Yin/Yang
 - Gestures
 - Locations
 - Times of Day

UP NEXT:

Correspondences

- Point Review
- New Points
- Self-Evaluation

Color: Blue/Black



Season Winter



Energy: Trembles, Contracts

Emotions



Negative: Fear



Positive: Courage



Expression: Moaning



Sense Organ

Ear



Sense

Hearing

What's that?

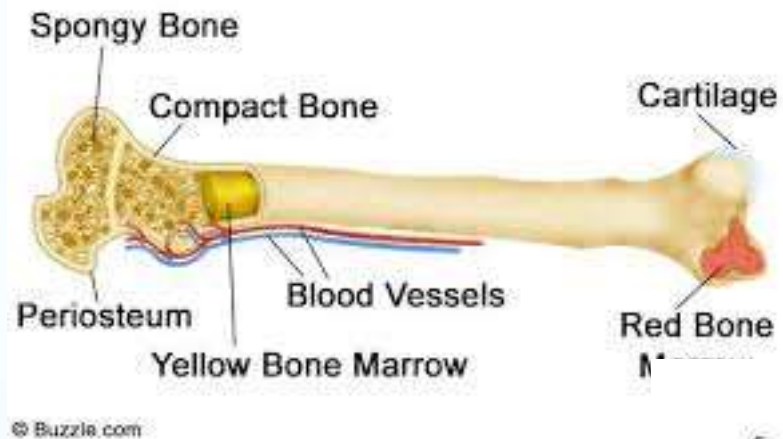


Taste: Salty



Body Tissue

Bones



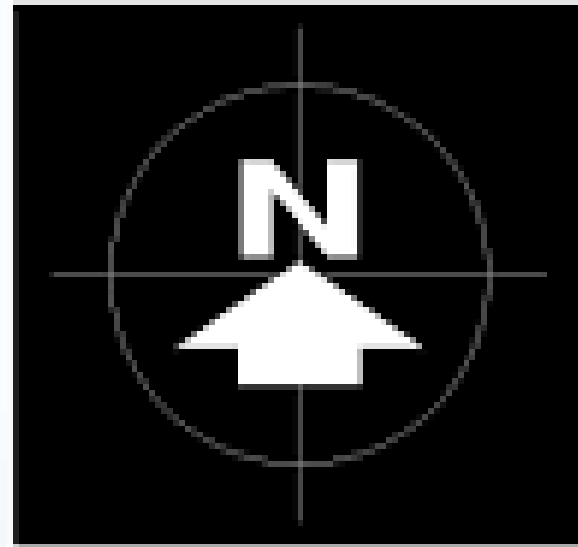
Body Fluid

Urine; Spittle

Manner: Trembling



Direction: North



WATER ARCHETYPE: THE PHILOSOPHER

The **Water** archetype is the **Philosopher** who brings to light that which is hidden, uncovering new knowledge, dispelling mystery, eroding ignorance. Like an old-time prospector, she sifts through the gravel of notions and beliefs, tireless in her effort to apprehend the nature of reality. Time is the pick and shovel of the **Philosopher** who exhumes the bones of culture that endure, doggedly in search of truth. Able to envision what can be, she is critical of what is. As the custodian of our ancestral memories and dreams, she articulates our aspirations.

KEYS TO WATER

- articulate, clever, self-sufficient, and introspective
- penetrating, critical, and scrutinizing
- seeks knowledge and understanding
- likes to remain hidden, enigmatic and anonymous

TYPICAL PROBLEMS

- emotionally inaccessible and undemonstrative
- isolation and loneliness
- tactless, unforgiving, and suspicious
- hardening of the arteries, deterioration of teeth and gums, back ache, chilliness, loss of libido

A FRIENDLY REMINDER

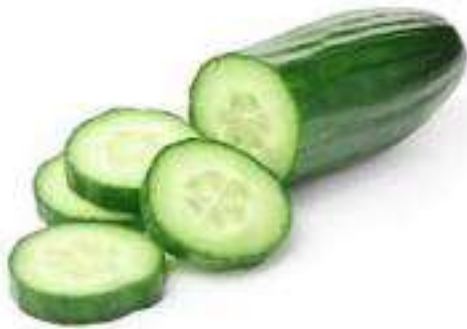
The power of **Water** comes from the capacity to conceive, concentrate, and conserve.

Water types need to offset their toughness, bluntness, and detachment with tenderness, sensitivity, and openness, risking softness and contact, exposure and attachment.

THE Philosopher

Climate: Cold

Foods which cool the body:



Spinach

Peppermint

Meridian Stretch



Paschimottasana

Journey through Water

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

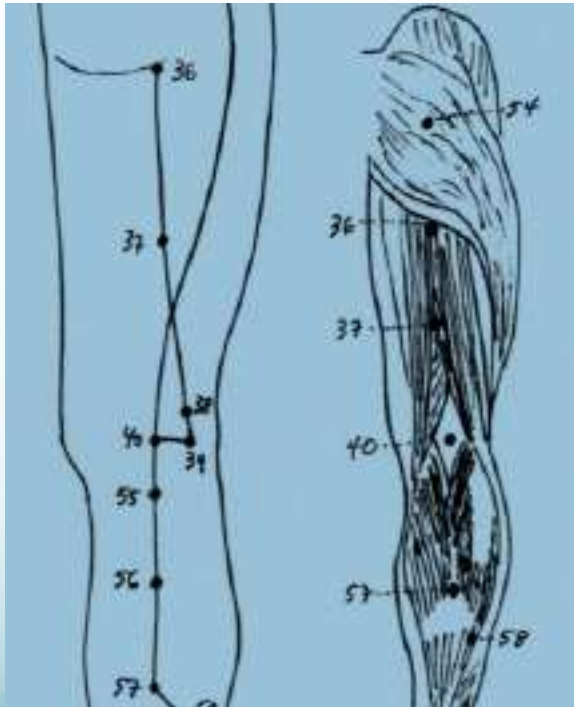
Point Review

Bladder

- BI-1 Bright Eyes
- BI-10 Pillar of Heaven
- BI-57 In the Mountains
- BI-67 Extreme Yin

New Point: Bladder 36 *Receiving Support*

Key
Point



*On the posterior side of the thigh,
at the midpoint of the inferior
gluteal crease*

- Treats pain in the lower back and gluteal region, constipation, muscular atrophy and motor impairment of the lower extremities

Kidney

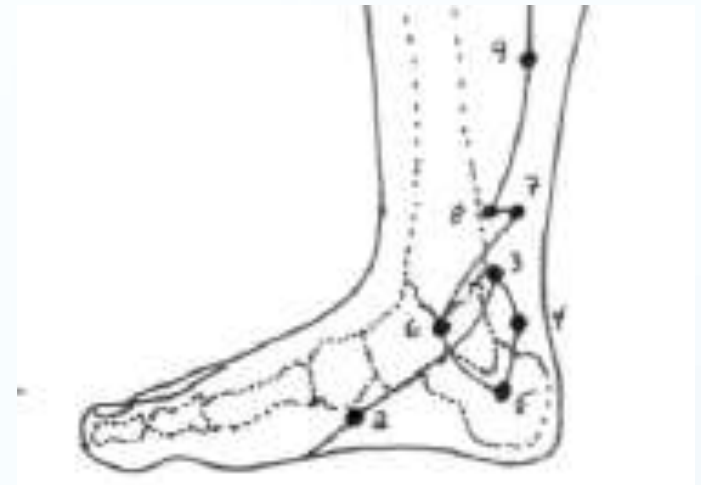
- Kidney 1 Bubbling Spring
- Kidney 10 Yin Valley
- Kidney 27 Elegant Mansion

New Point: K-3 Great Ravine

Key
Point

*In the depression between the
medial malleolus and Achilie's
tendon*

- Tonifies kidneys, strengthens low back and knees
- Treats Sore throat, toothe ache, insomnia, dizziness



Journey through Water

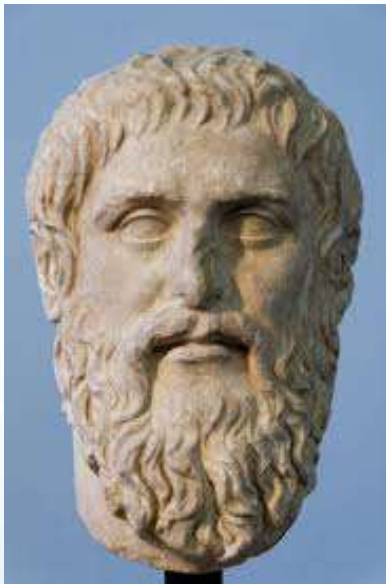
- General Review
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- New Points
 - BL 36 *Receiving Support*
 - Ki 3 *Great Ravine*

UP NEXT: Self-Evaluation

So you think you're a Water Type?

KEYS TO UNDERSTANDING WATER

Delights in solitude and introspection



NEVER LET **SUCCESS**
GET TO **YOUR HEAD**.
NEVER LET **FAILURE**
GET TO **YOUR HEART**.

*Humility is not
thinking less of
yourself, it's
thinking of
yourself less.*

Embodies Humility

Scrutinizes and sheds light



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