

Wood Element

Correspondences



Journey through Wood

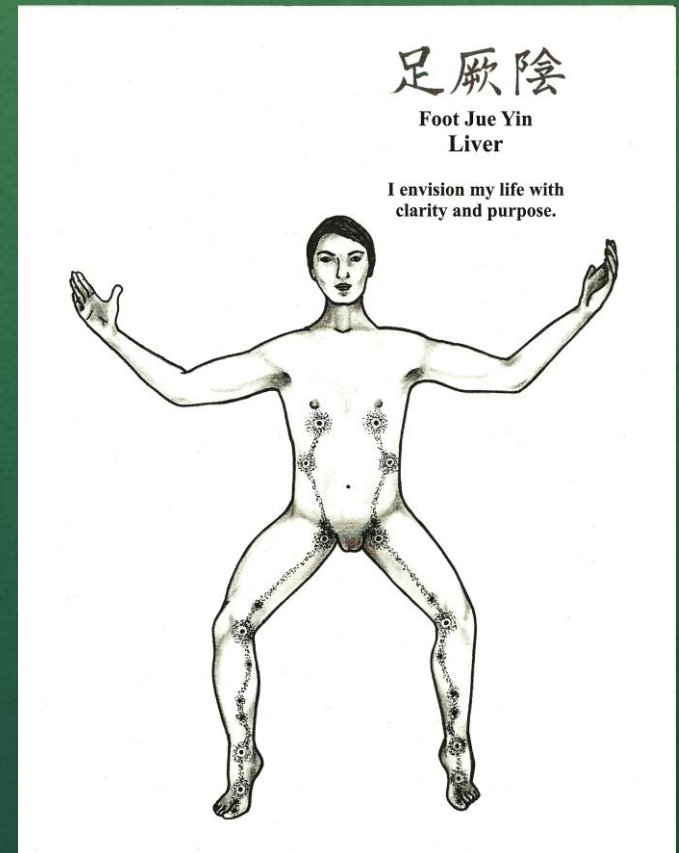
- General Review
- Correspondences
- Point Review
- New Points
- Self-Evaluation

What do we already know?

- Wood Element Meridians?
 - Liver
 - Gall Bladder
- Which is yin?
- Which is yang?
- What are their directions of flow?

Meridian Gestures

- Liver
- Foot Jue Yin
- I envision my life with clarity and purpose



Meridian Gestures

Gall Bladder

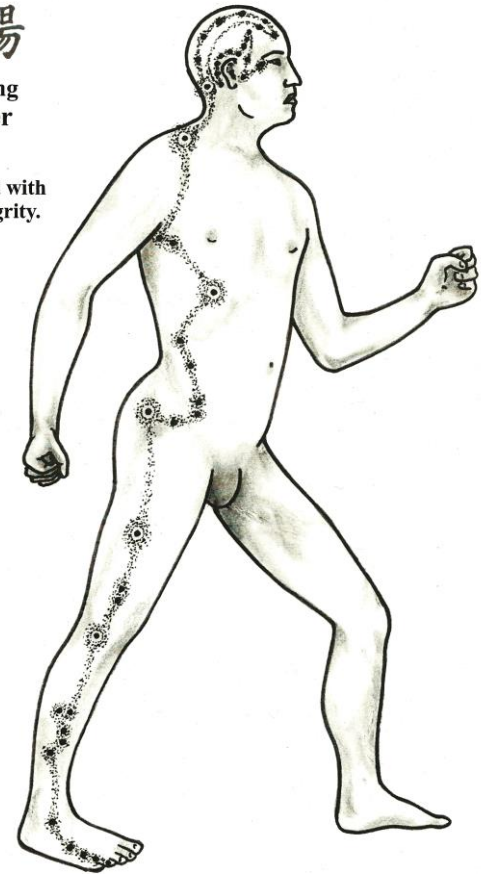
Foot Shao Yang

I stand my ground with
strength and integrity

足少陽

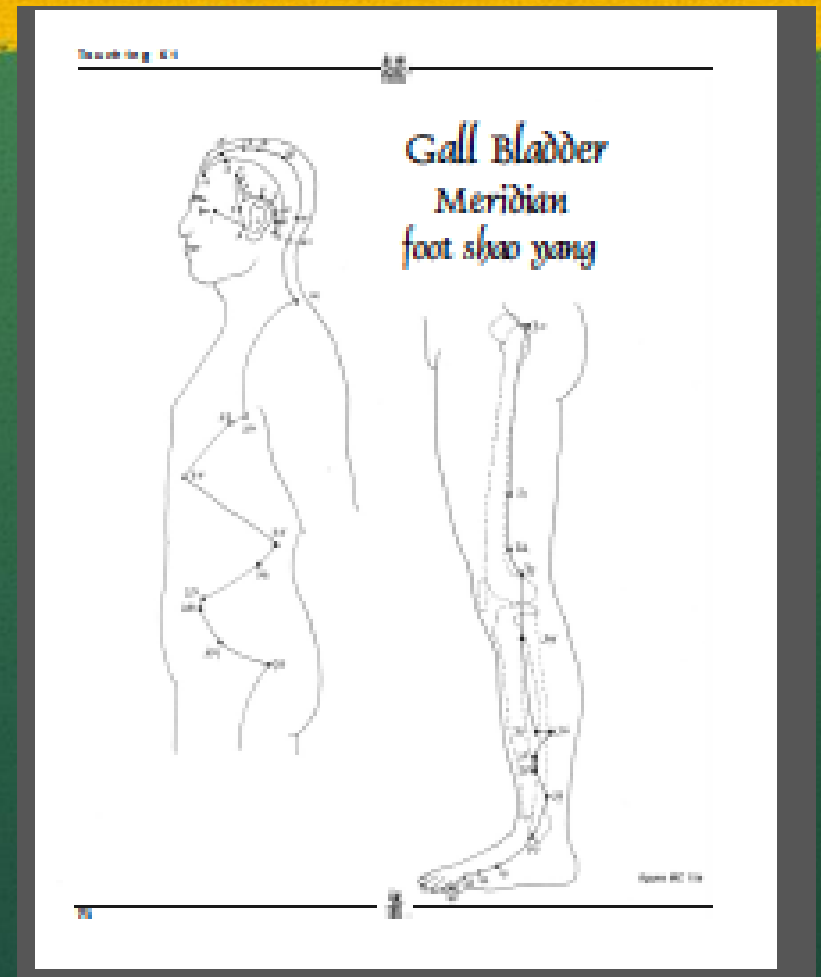
Foot Shao Yang
Gall Bladder

I stand my ground with
strength and integrity.



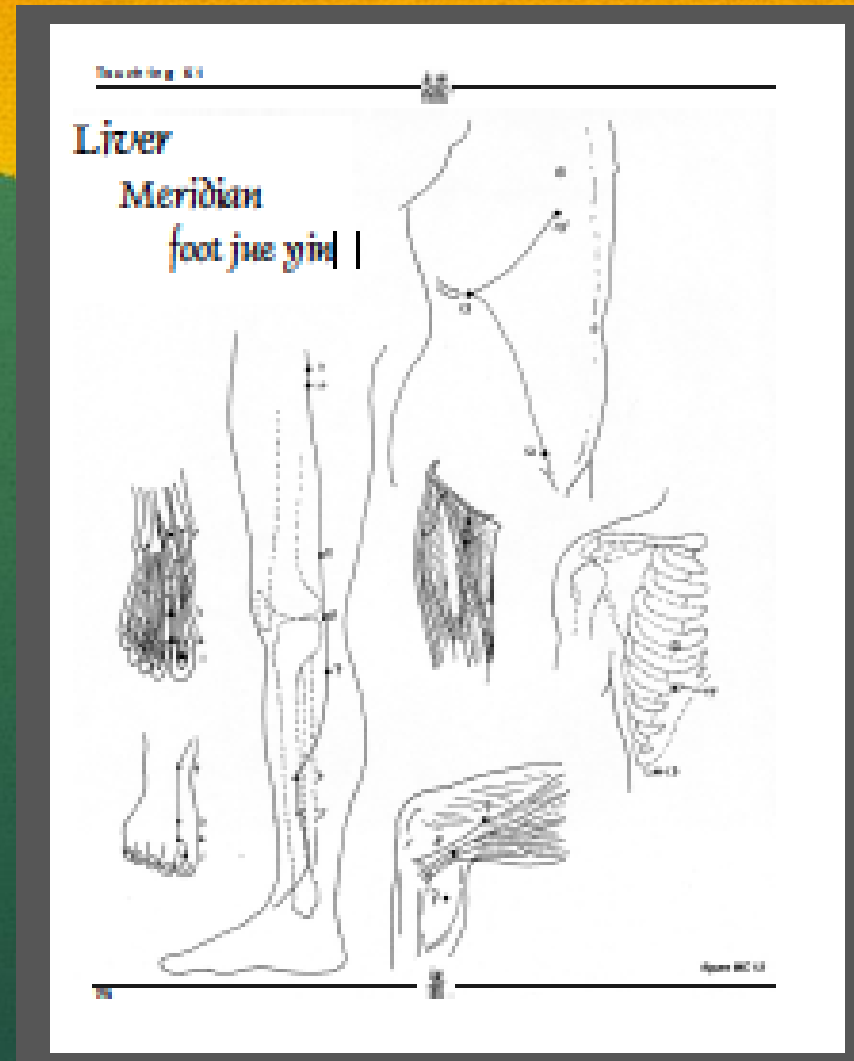
Locations?

- Gall Bladder
 - Where is it?
 - side body



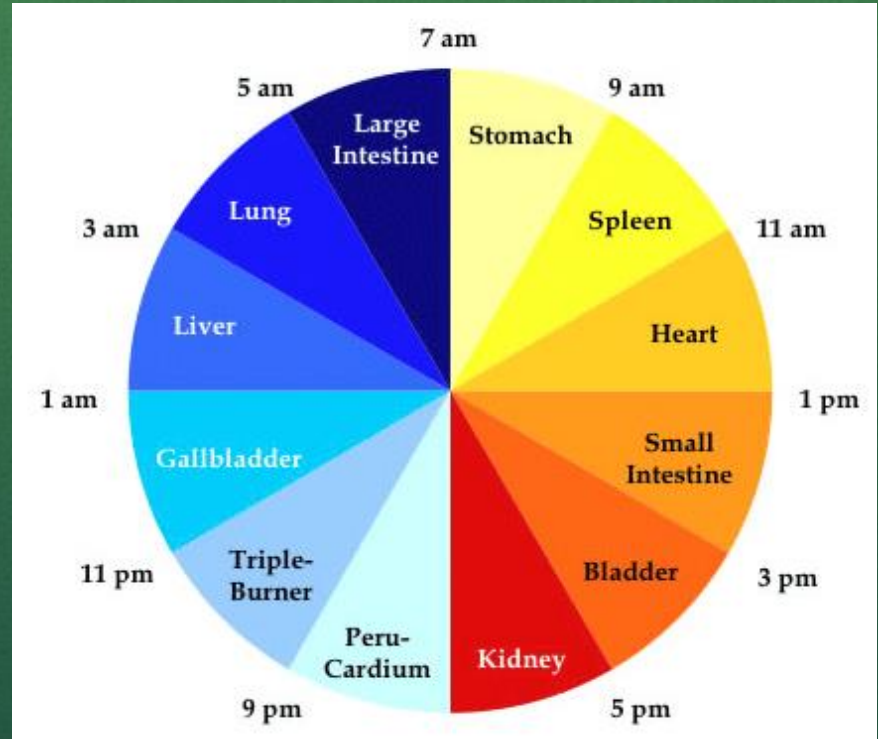
Liver

- **Where is it?**
- **Side Body**



Times of Day

- Gall Bladder
 - 11pm-1am
- Liver
 - 1am-3am



Journey through Wood

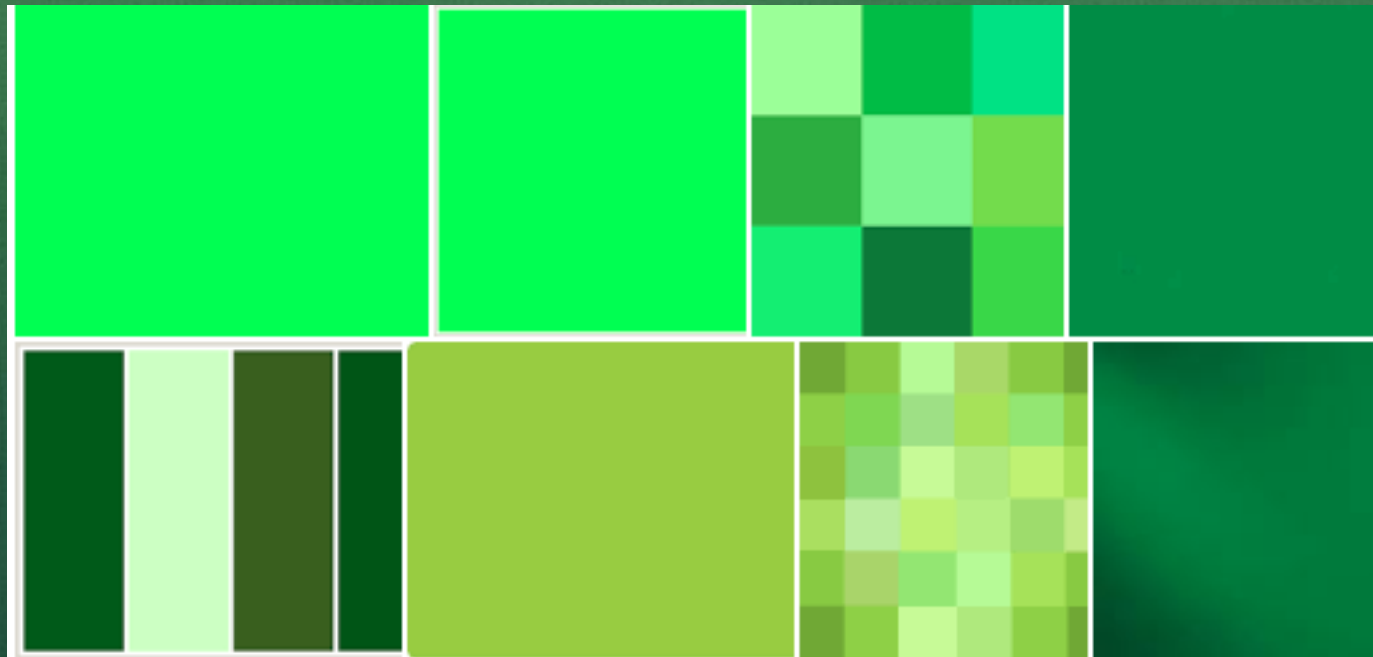
- ☑ General Review
 - ☑ Meridians, Yin/Yang
 - ☑ Gestures
 - ☑ Locations
 - ☑ Times of Day

UP NEXT:

Correspondences

- Point Review
- New Points
- Self-Evaluation

Color: Green



Season Spring



Energy: Rises

Emotions

Negative: Anger



Positive: Kindness

Expression: Shouting



Sense
Organ

Eyes



Sense

Vision



Taste: Sour



Body Tissue

Muscles & Sinew

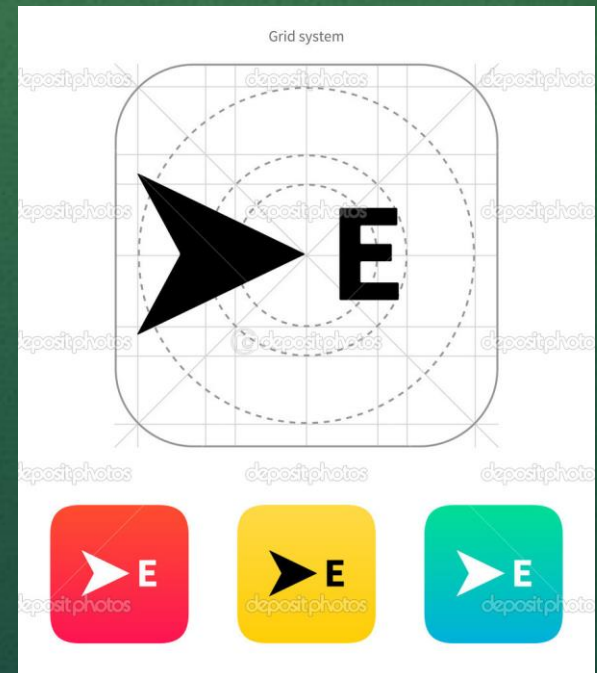
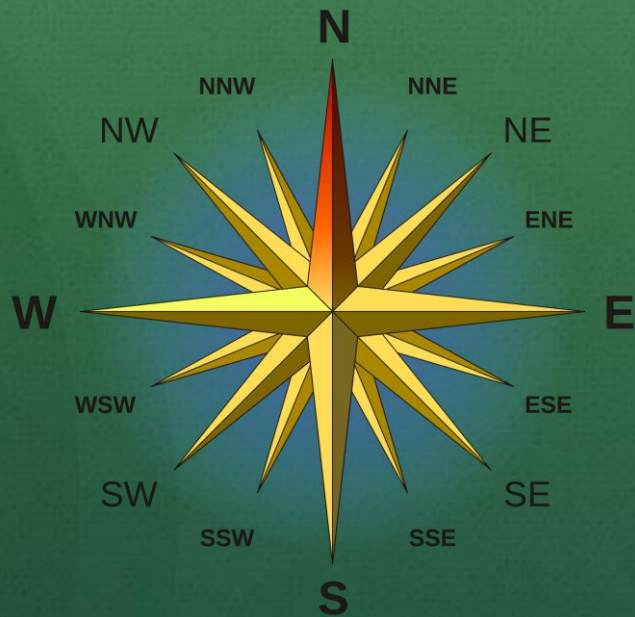


Body Fluid TEARS

Manner: Control



Direction: East



Personality Type



**THE AMERICAN
SYSTEM OF RUGGED
INDIVIDUALISM.**

QUOTEHD.COM

Herbert Hoover
American President

THE Pioneer

Climate: Wind



Meridian Stretch



Journey through Wood

☒ 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

Gall Bladder

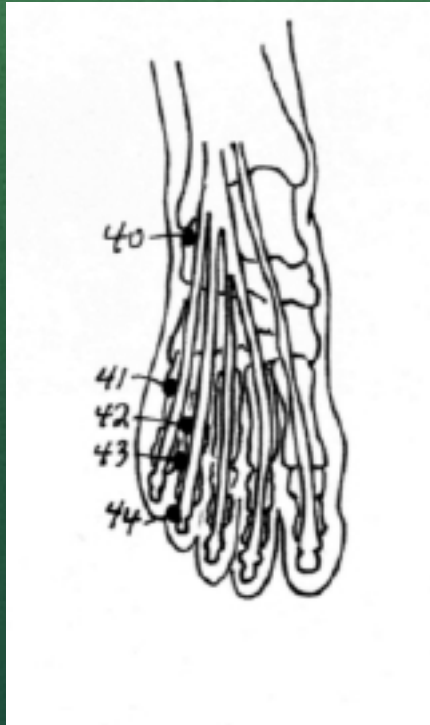
- GB-20 Pond of Wind
- GB-21 Shoulder Well
- GB-30 Jumping Pivot

New Point:

Gall Bladder 41

Foot Overlooking Tears

**Key
Point**



*Just distal to the junction of the 4th
and 5th metatarsal bones*

- Brightens the eyes, and sharpens the hearing, Resolves damp-heat, promotes the smooth flow of Liver Qi
- Headache, vertigo, irregular menstruation

Liver

- Liver 3 Excessive Rush
- Liver 14 Gate of the Cycle

New Point:

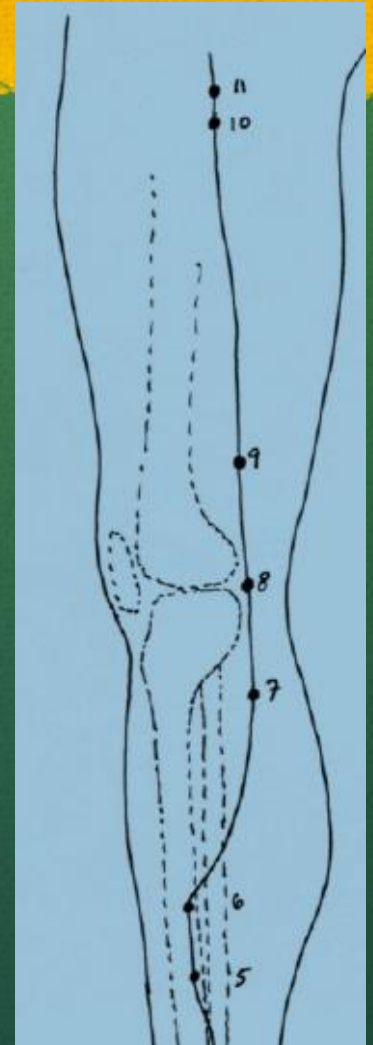
Liver 10

Leg 5 miles

Key
Point

*3 cun directly below ST 30 on the
lateral border of the m. abductor
longus*

- Stamina
- Soothes the sinews and quickens the connecting vessels, clears damp heat in lower burner
- Treats lower abdominal distention, retention of urine



Journey through Wood

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

UP NEXT: Self-Evaluation

So you think you're a Wood Type?

KEYS TO UNDERSTANDING WOOD

- Seeks challenge and pushes to the limit
- Enjoys and does well under pressure
- Admires speed, novelty and skill
- Loves action, movement, and adventure
- Likes to be first, best and only

Typical Problems

- Intolerance and impatience
- Volatile emotions
- Extremism: impulsive or over disciplined,
- Self-punishing
- Abuse of stimulants and sedatives

Journey through Wood

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- ☑ New Points
- ☑ Self-Evaluation