

HEART & SMALL INTESTINE

Absolute Fire



EXPLORE

- **Feel it in the Body: Gestures, Palpations, Contemplations**
- **Location & Key Points**
 - **Heart**
 - **Small Intestine**
- **Functions**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

HEART



I am guided by
my heart's truth.

9 POINTS



YIN
Absolute
Fire

KEY POINTS

1. H-1 Highest Spring
2. H-7 Gate of God
3. H-9 Lesser Surge

H-1 HIGHEST SPRING



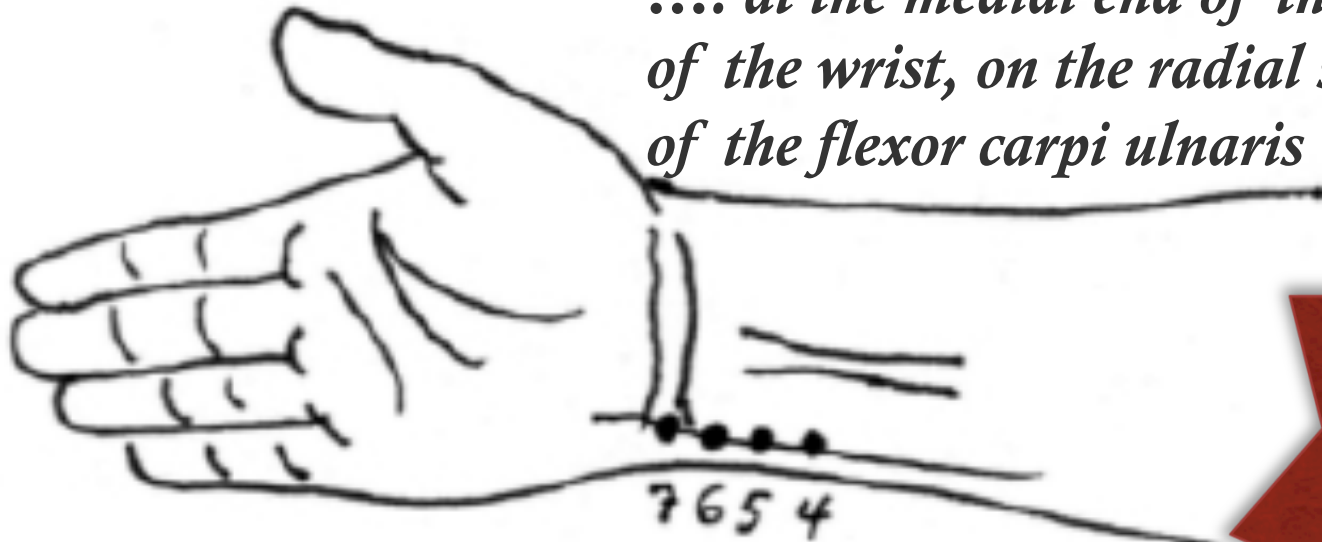
*.... in the center of the axilla,
just medial the axillary artery*

Relieving Heart
Congestion, opens and
relaxes the chest, promotes
Qi flow

Key
Point

H-7 GATE OF GOD

.... at the medial end of the transverse crease of the wrist, on the radial side of the tendon of the flexor carpi ulnaris



**Key
Point**

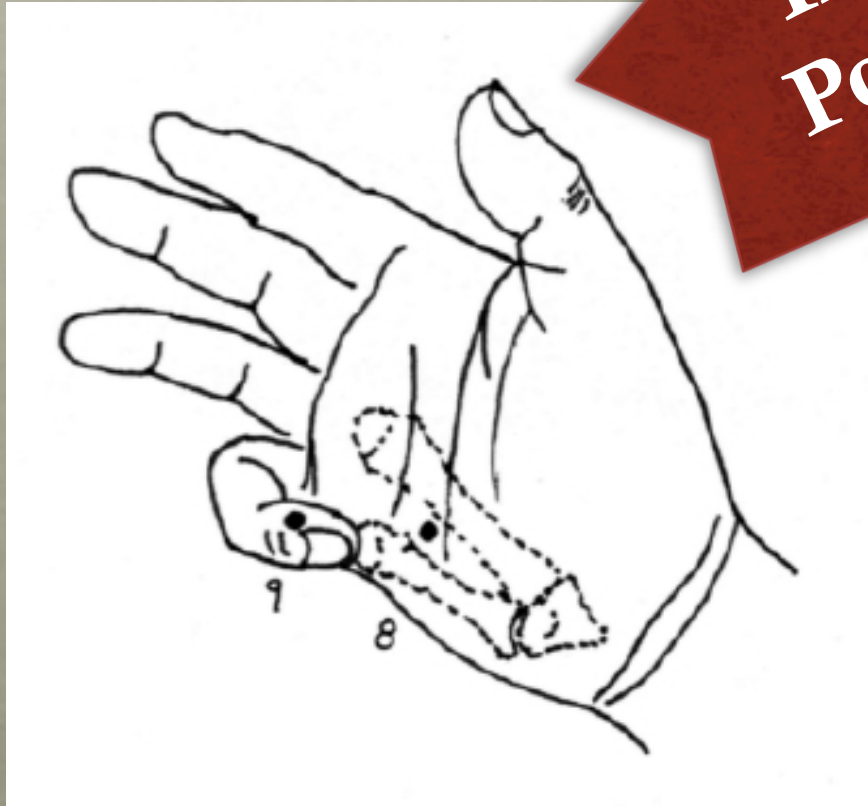
Heart source point; Soothing Spirit, nurtures the Yin – good for insomnia and/or dream disturbed sleep

H-9 LESSER SURGE

*.... 0.1 units from the
radial corner of the pinky
fingernail*

Revives consciousness;
good in combination
with SI-1 for heart
attacks – have someone
hold these points while
CPR is administered;
helpful for Liver attacks
(anger, emotional swings
etc.) due to this points
ability to move Liver
excess into the Heart

Key
Point



EXPLORE

- ✓ **Location & Key Points**
 - ✓ **Heart**
- **Up Next: Heart Functions**
- **On to Small Intestine**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

THE ESSENCE OF HEART

Relationship to Self

Interpretation

Communication

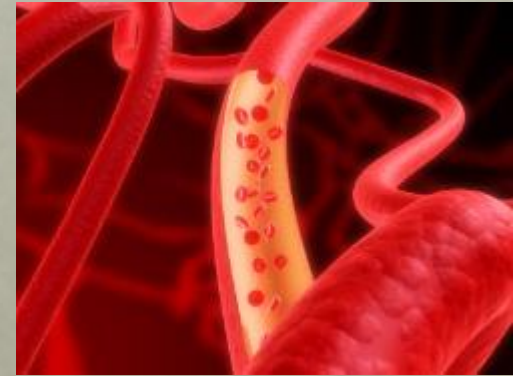
Compassion

Divine Order

PHYSICAL



Blood and
Blood Vessels



Perspiration



Tongue &
Speech

PYSCHOLOGICAL EMOTIONAL



Inner reflection...
soul searching

Joy &
Laughter



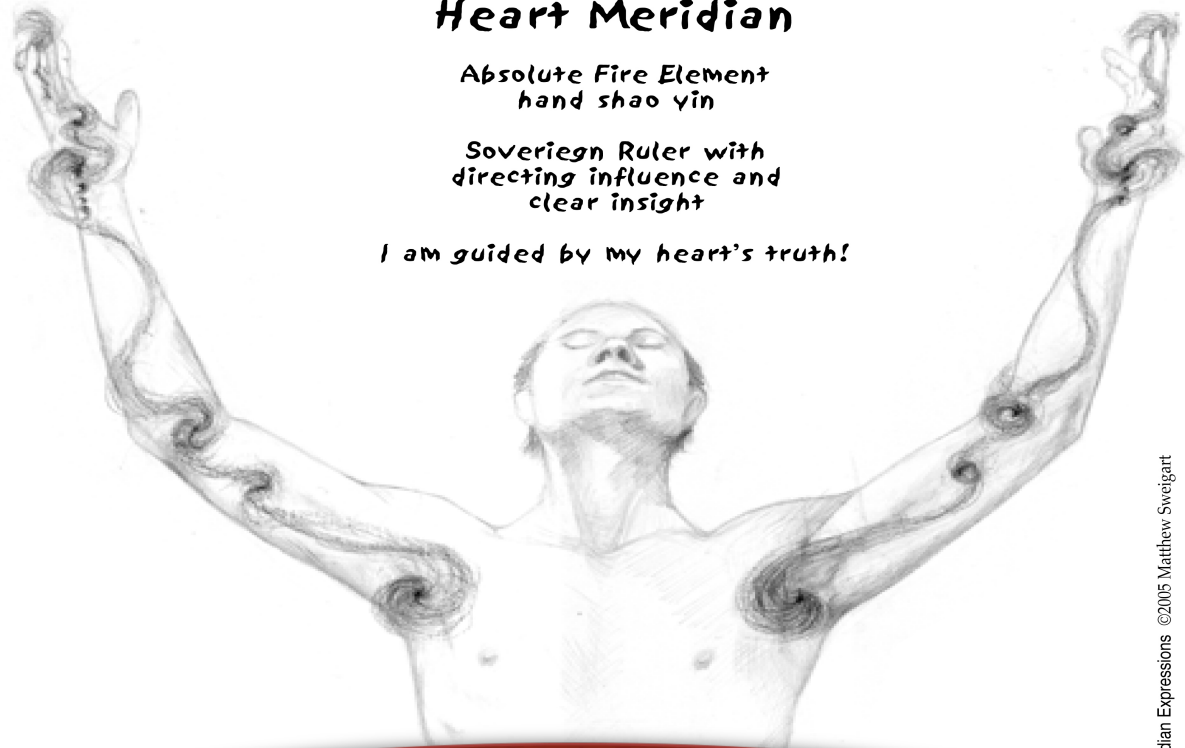
GESTURE

Heart Meridian

*Absolute Fire Element
hand shao yin*

*Soveriegn Ruler with
directing influence and
clear insight*

I am guided by my heart's truth!



Meridian Expressions ©2005 Matthew Sweigart

EXPLORE

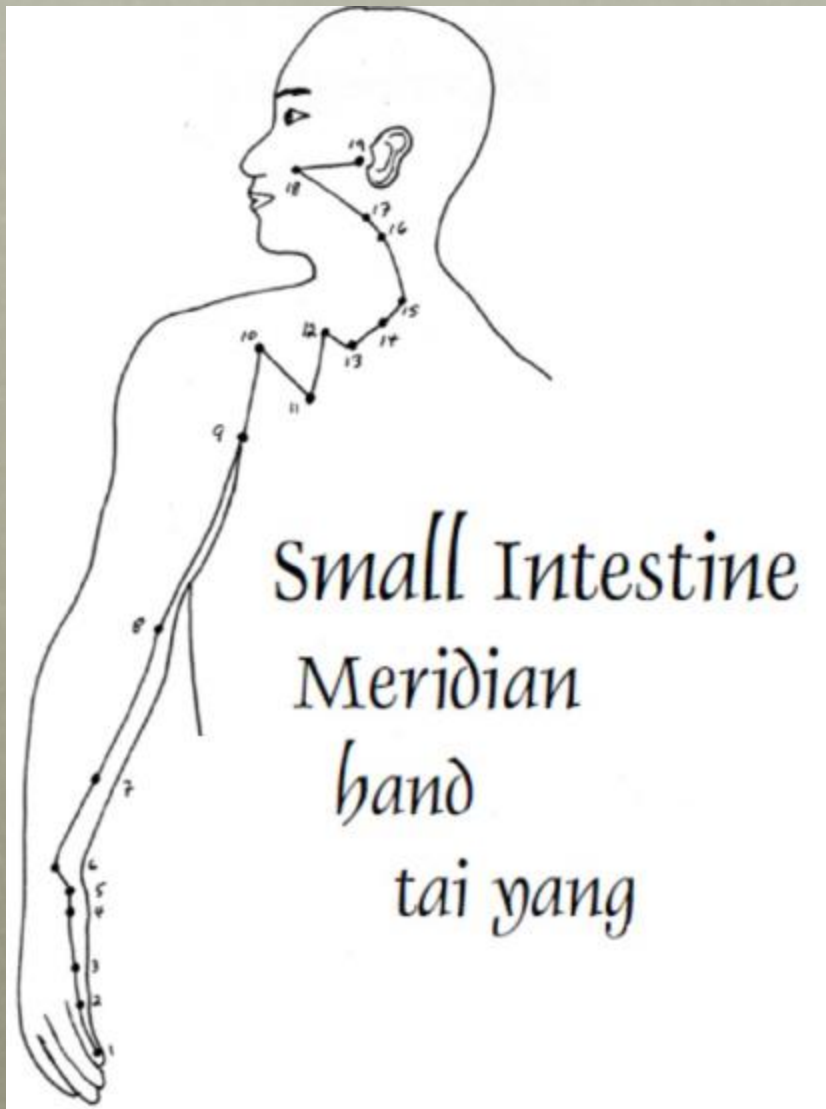
- ✓ **Location & Key Points**
 - ✓ **Heart**
- ✓ **Heart Functions**
- **Up Next: Small Intestine**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

SMALL INTESTINE



I see what is true,
I see what is false,
I keep what is true for me.

19 POINTS

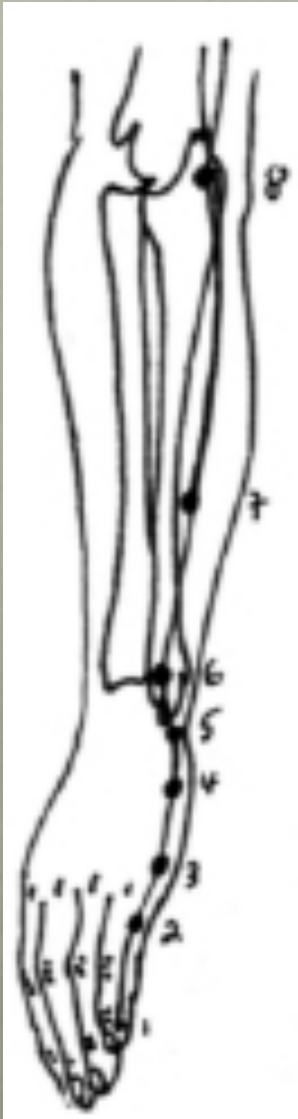


YANG
Absolute
Fire

KEY POINTS

- 1.SI-1 Lesser Marsh
- 2.SI-9 Correct Shoulder
- 3.SI-12 Grasping the Wind
- 4.SI-19 Palace of Hearing

SI-1 LESSER MARSH



.... 1 cun posterior to the corner of the nail on the ulnar side of the little finger.

Headache, dizziness,
loss of consciousness.

Local point for
problems of the little
finger and the course of
the channel, Breast
disorders, lactation
issues

Key
Point

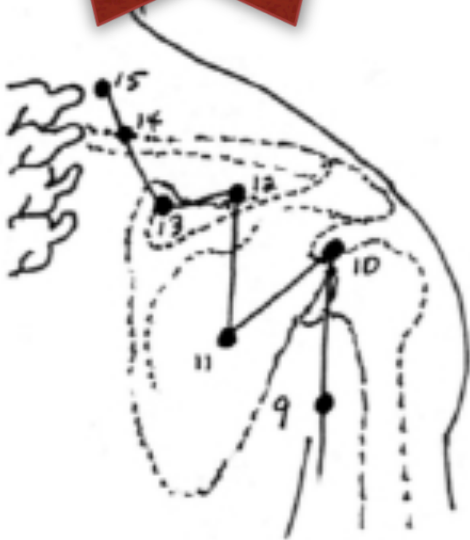
SI-9

.... 1 cun above the posterior end of the axillary fold, posterior and inferior to the shoulder joint, found with the arm adducted

**Key
Points**

SI-9 “Correct Shoulder”

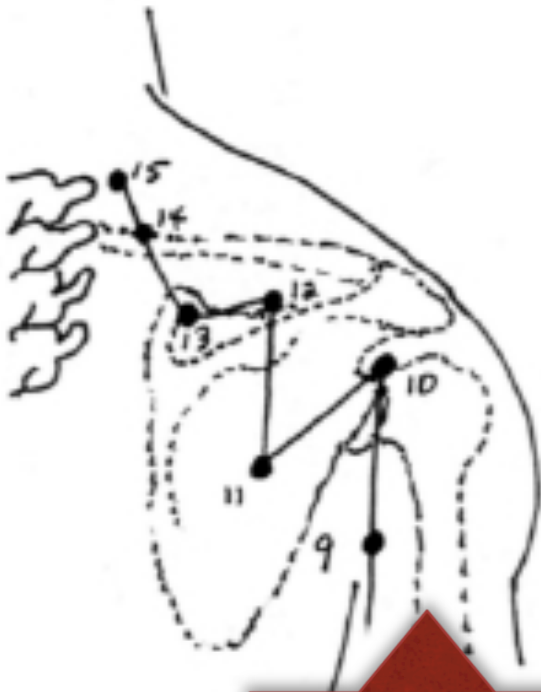
Local point for shoulder and arm pain and/or movement/control issues. Motor control issues of the hand. Tinnitus, deafness.



SI-12

.... 1 unit inferior to the midpoint of the inferior border of the scapular spine

SI-12“GRASPING THE WIND” ease common cold



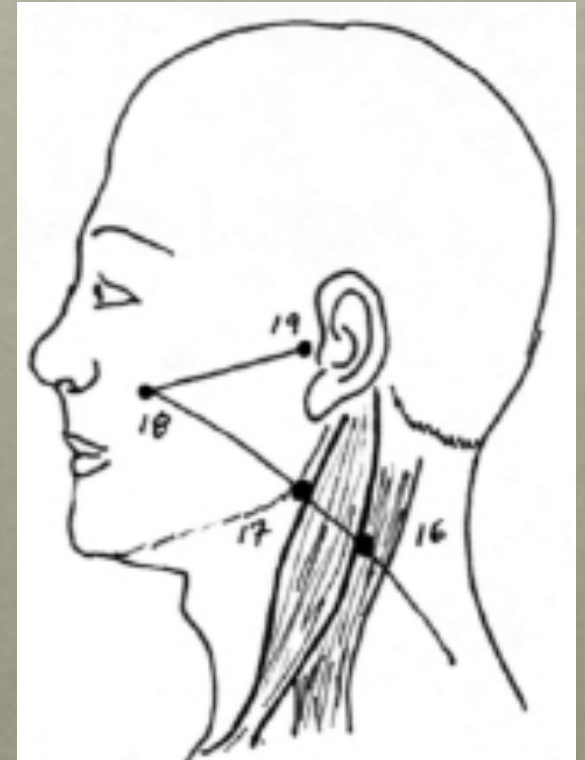
Key
Points

SI-19 PALACE OF HEARING

Key Point

*.... in the depression
between the tragus and
mandibular joint, easiest to
locate with the mouth
slightly open*

Helpful for all ear disorders
including infections



EXPLORE

- ✓ **Location & Key Points**
 - ✓ **Small Intestine**
- **Up Next: Small Intestine Functions**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

THE ESSENCE OF SMALL INTESTINE

Discernment

Judgement

Absorption

Assimilation

Sifting & Sorting

PHYSICAL

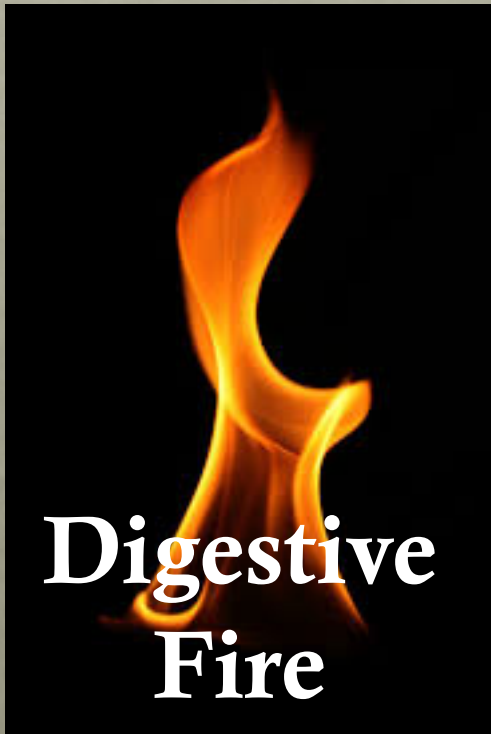
Nutrient Extraction



Blood building



Digestive
Fire



Listening
Selective Hearing



PSYCHOLOGICAL EMOTIONAL

Determination



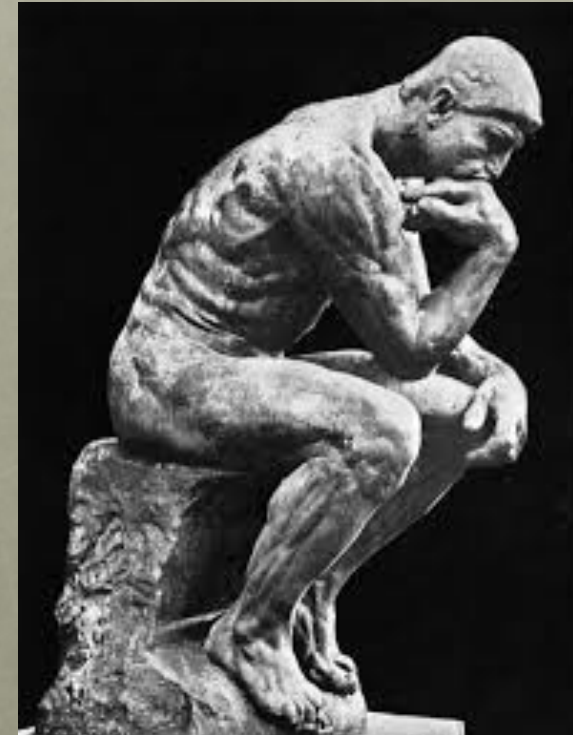
Self-analysis



NOW
LATER

A red pen is shown writing the word 'NOW' in bold black capital letters on a white piece of paper. The word 'LATER' is also written in bold black capital letters below 'NOW'. The paper is slightly curled, and the pen is red with a yellow and blue band.

Prioritization & Focus



GESTURE

Small Intestine Meridian

*Absolute Fire Element
hand tai yang*

*Official in charge of
separating the pure
from the impure*

*I see the true and the
false, and I keep only
what is true for me.*



Meridian Expressions ©2005 Matthew Swigart

EXPLORE

- ✓ **Location & Key Points**
 - ✓ **Heart**
 - ✓ **Small Intestine**
- ✓ **Functions**
- **Up Next: Review**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

NOW YOU!



WHICH MERIDIAN?



YIN

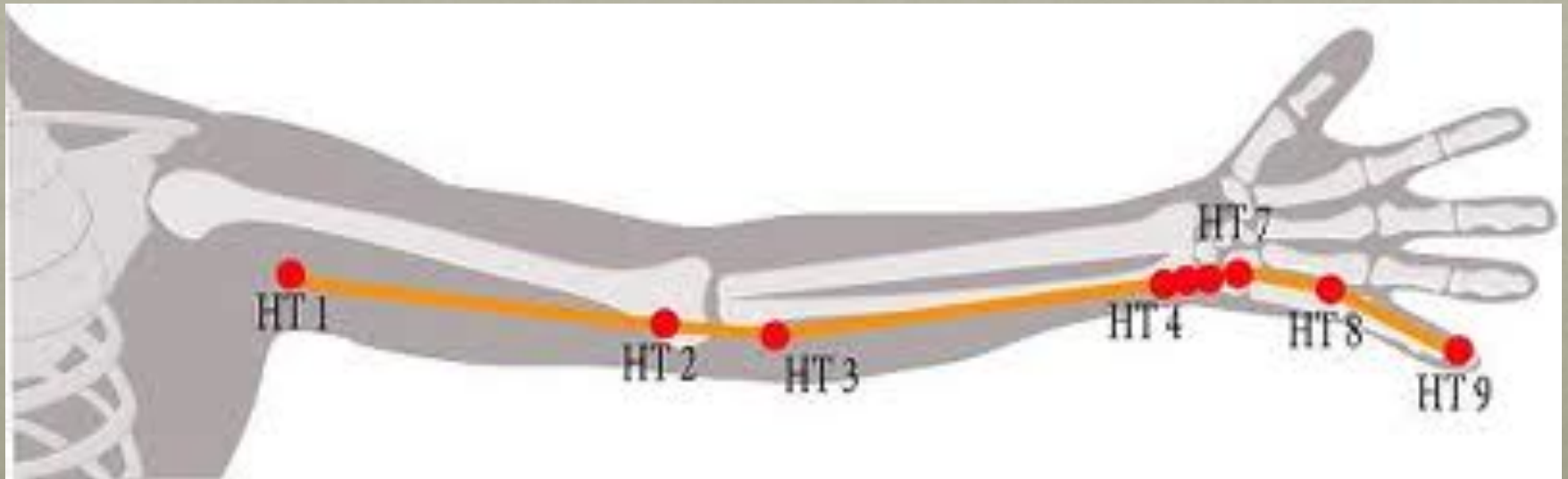
WHICH MERIDIAN?



WHICH MERIDIAN?



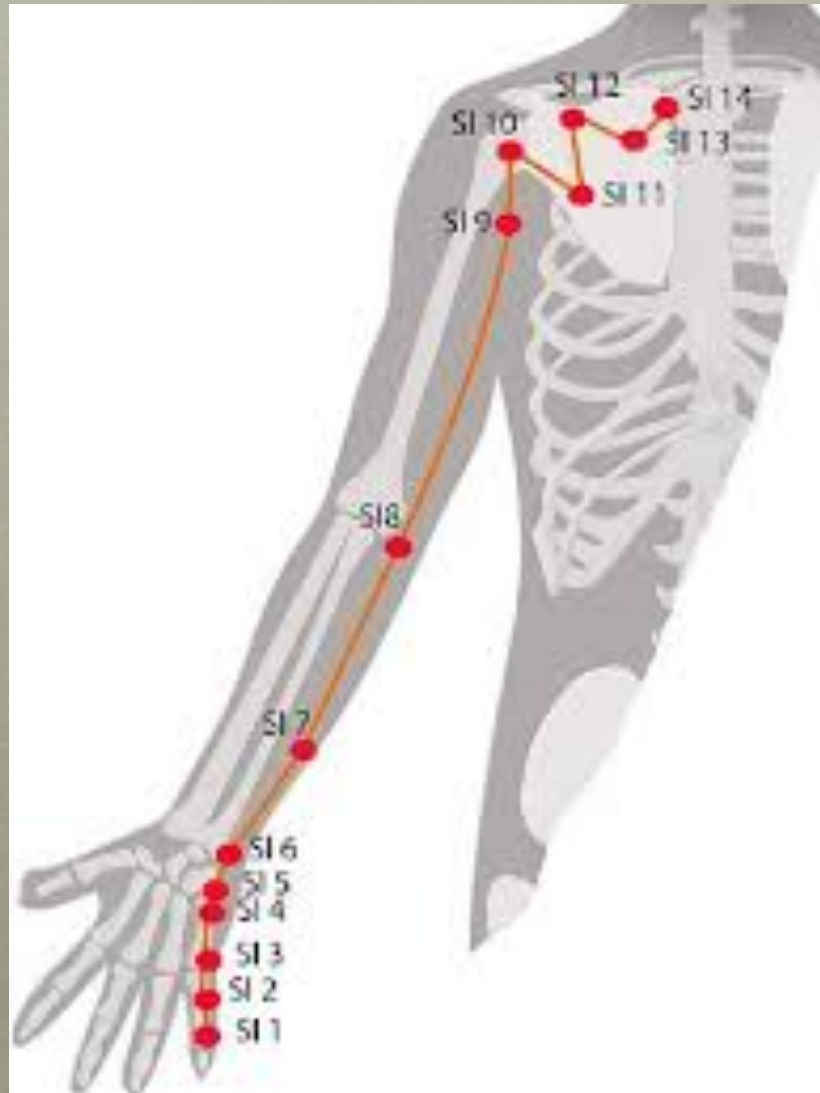
WHICH MERIDIAN?



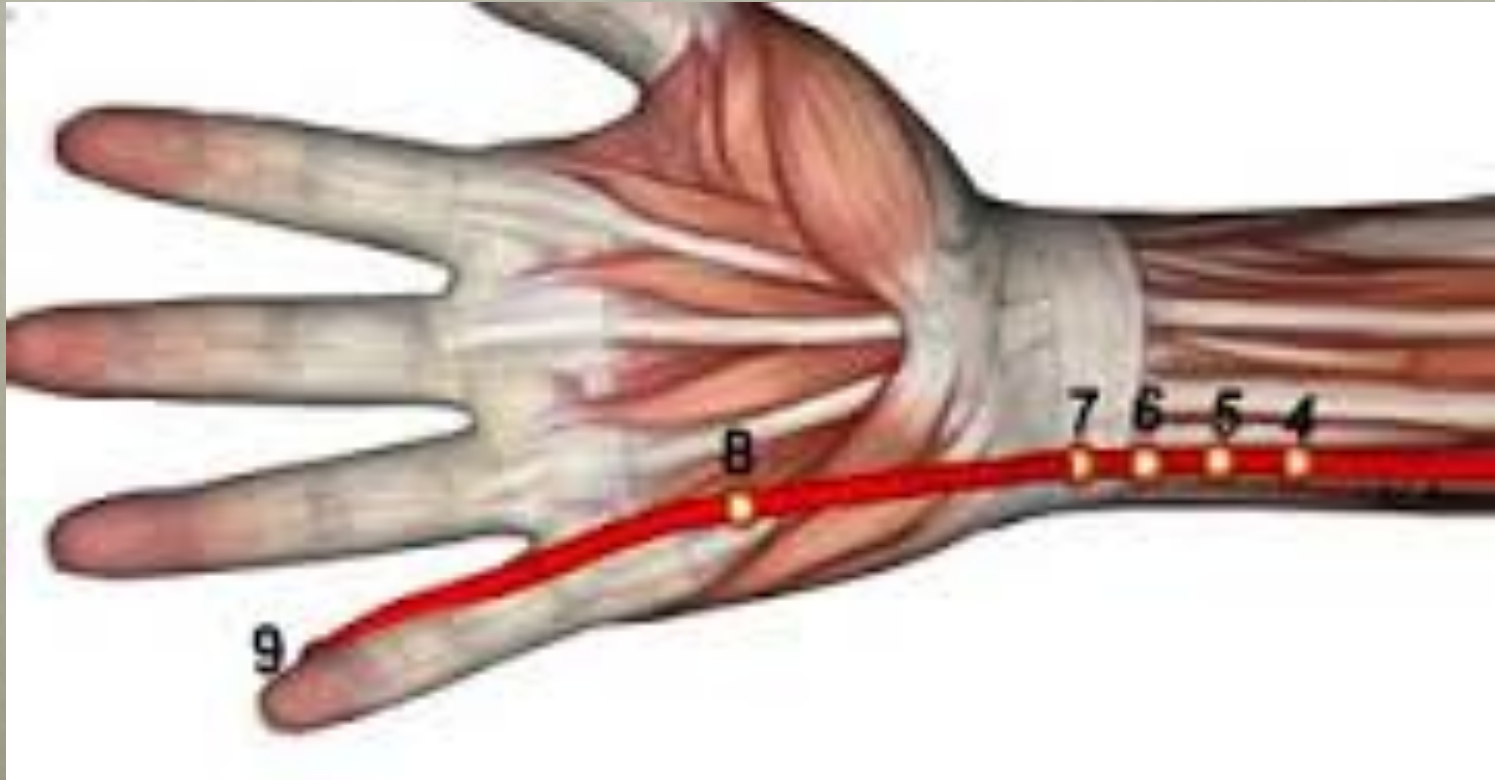
WHICH MERIDIAN?

Yang

WHICH MERIDIAN?



WHICH MERIDIAN?



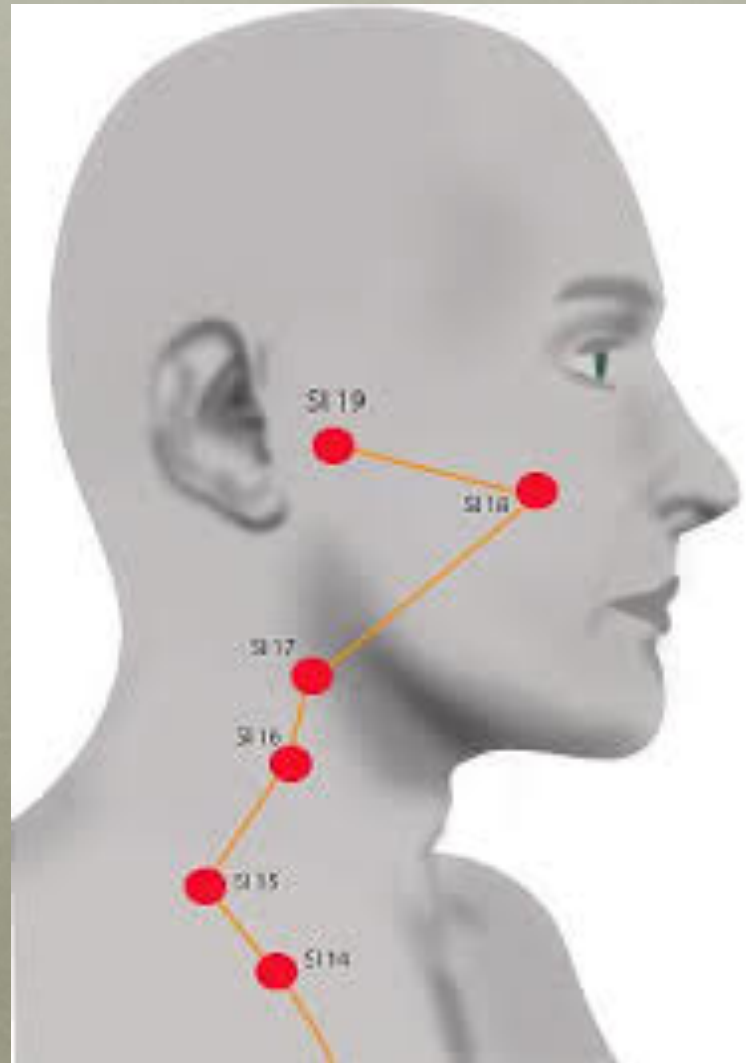
WHICH MERIDIAN?



WHICH MERIDIAN?



WHICH MERIDIAN?



BODYWORK!

DEMONSTRATION & STUDENT EXCHANGE