

The background is a solid orange gradient, transitioning from a lighter shade at the top to a darker shade at the bottom. Scattered across the background are numerous white circles of varying sizes, some of which are semi-transparent, creating a bokeh-like effect.

FIRE ELEMENT Correspondences

Journey through Fire

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

What do we already know?

- Fire Element Meridians?
 - Heart
 - Small Intestine
 - Triple Warmer (Triple Heater, Triple Burner)
 - Pericardium (Heart Protector)
- Which are yin?
- Which are yang?
- What is their direction of flow?

Meridian Gestures?



Small Intestine

Triple Warmer



Heart



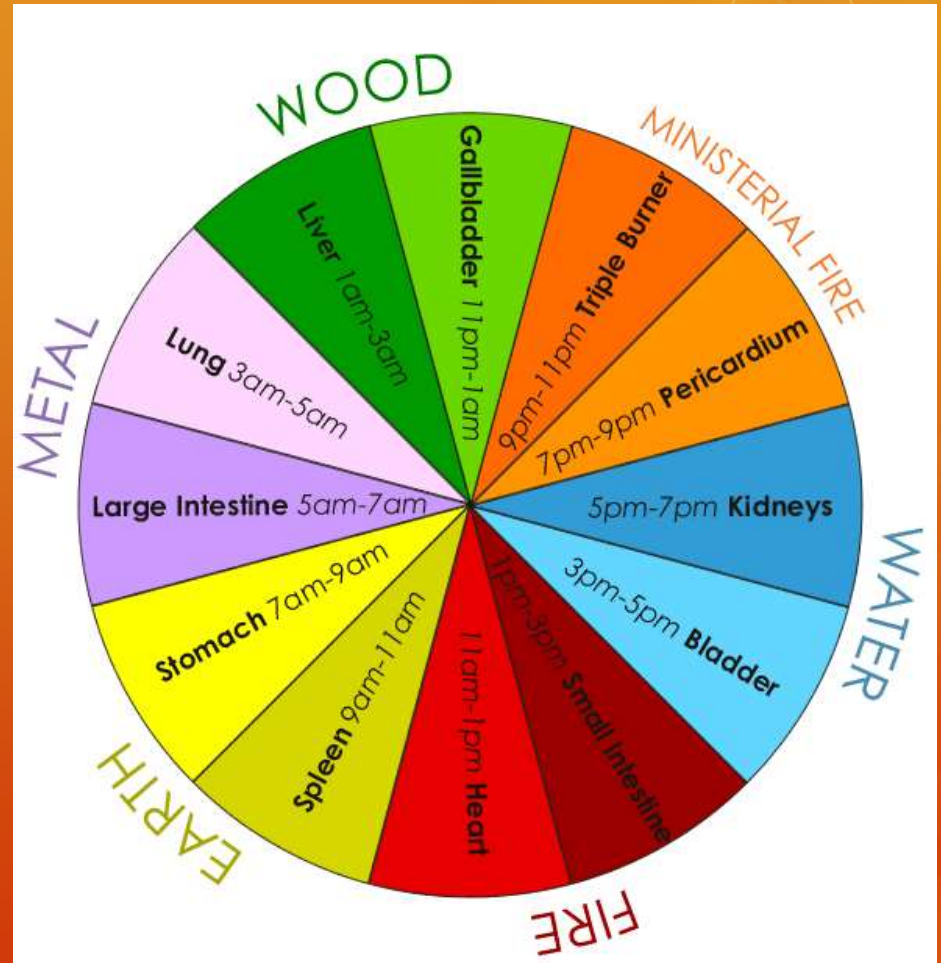
Pericardium

Locations?

- Absolute Fire
 - Which meridians?
 - Where are they?
 - Back body
- Supplemental Fire
 - Which meridians?
 - Where are they?
 - Side body

Times of Day

- Heart
 - 11am-1pm
- Small Intestine
 - 1-3pm
- Pericardium
 - 7-9pm
- Triple Warmer
 - 9-11pm



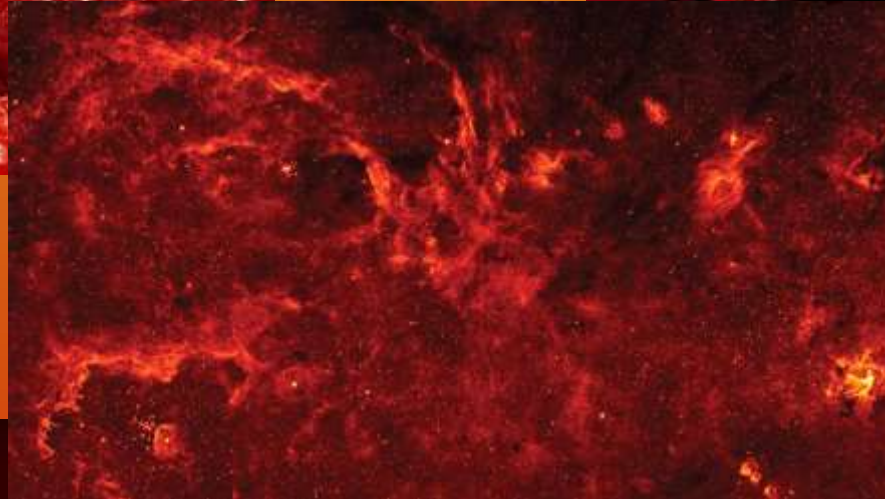
Journey through Fire

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

UP NEXT:
Correspondences

- Point Review
- New Points
- Self-Evaluation

Color: RED



Season: SUMMER



Energy: SPREADS

Emotions



Vice: JOY (Mania)



Virtue: DIVINE ORDER

Expression: Laughter



Sense Organ

TONGUE



Sense

SPEECH

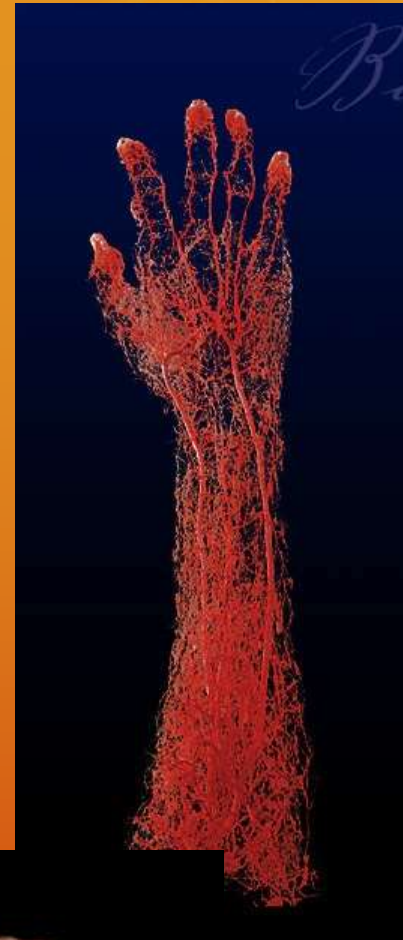


Taste: BITTER



Body Tissue

BLOOD VESSELS



Body Fluid

PERSPIRATION



Manner: MELANCHOLY



(Lack of Joy)

Direction: South



SOUTH

Climate: HEAT

Adrenaline

Produced by:



Spicy Foods



Alcohol



Climate: HEAT

Manifests as:

Fever



Acne

Rashes



Inflammation

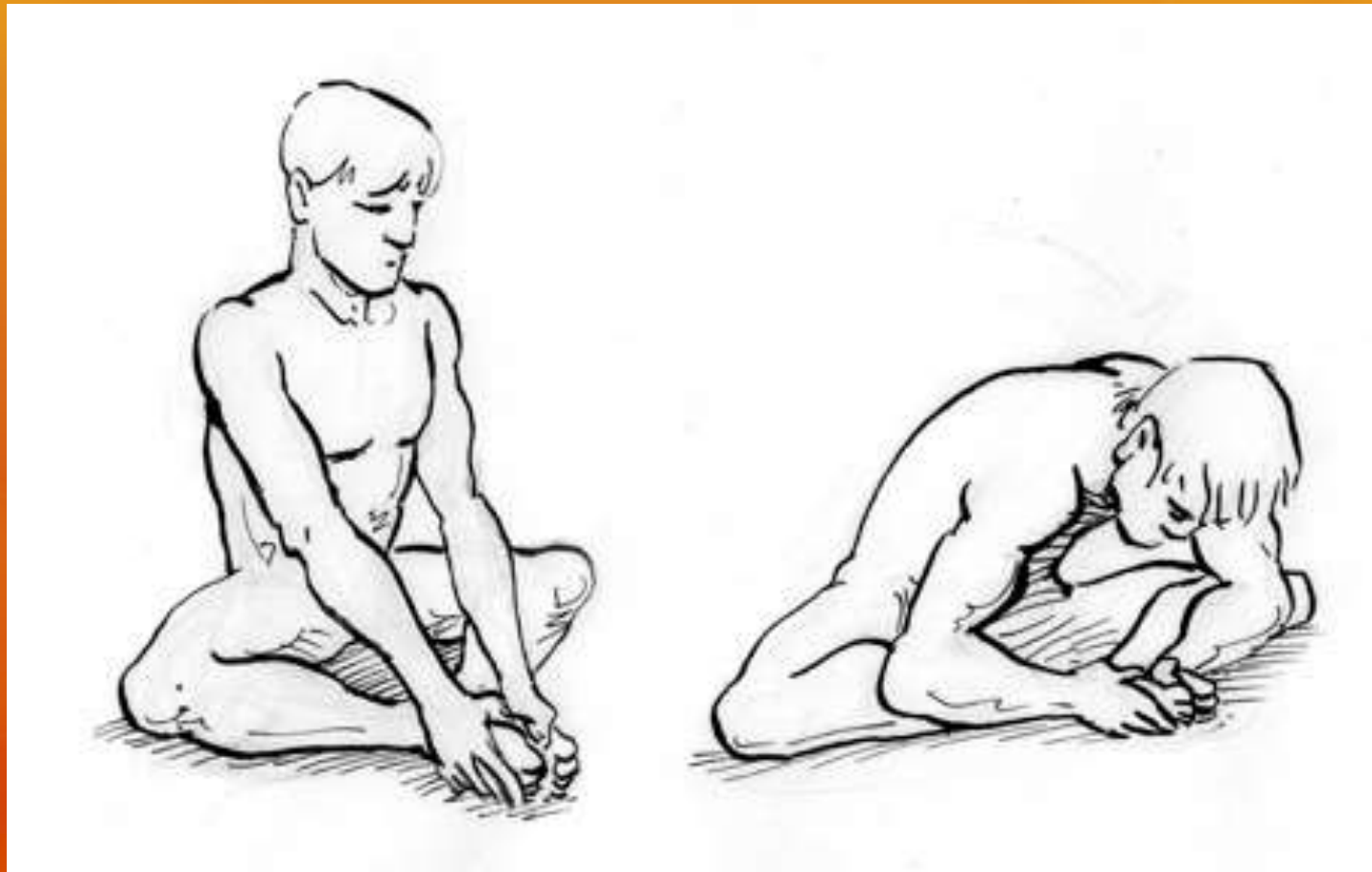
Personality Type



THE WIZARD

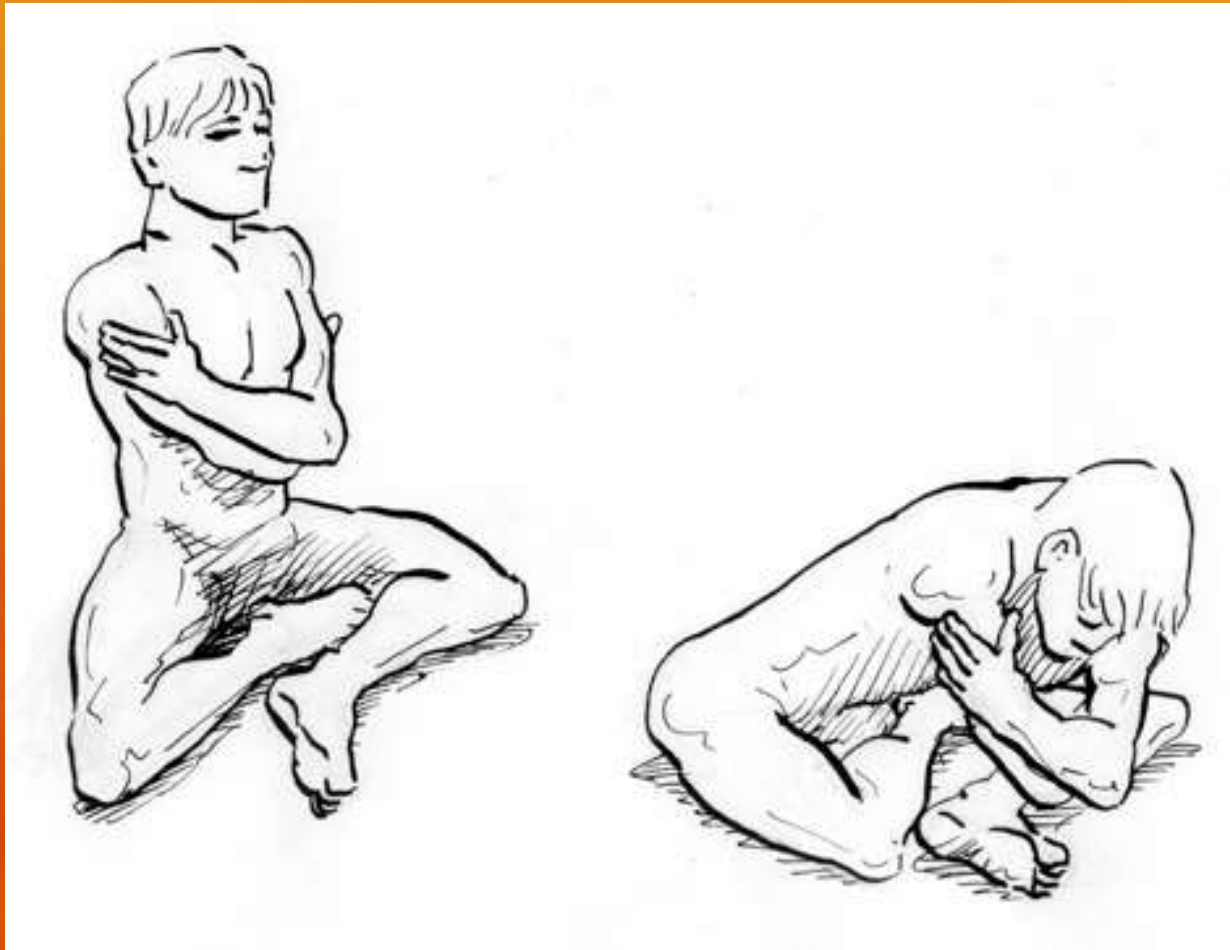
Meridian Stretch

Absolute Fire



Meridian Stretch

Supplemental Fire



Journey through Fire

- ☑ 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: Points from 101

Heart

- H-1 → Highest Spring
- H-7 → Gate of God/Spirit Gate
- H-9 → Lesser Surge/Lesser Rushing

Small Intestine

- SI-1 → Lesser Marsh
- SI-9 → Correct Shoulder
- SI-12 → Grasping the Wind
- SI-19 → Palace of Hearing

Pericardium

- P-1 → Heaven's Pond
- P-6 → Inner Frontier Gate
- P-8 → Palace of Anxiety/Toil
- P-9 → Central Nexus/Central Rushing

Triple Warmer

- TW-1 → Passage Hub/Rushing Pass
- TW-5 → Outer Frontier Gate
- TW-23 → Silk Bamboo Hollow

New Point:

Heart 2

Cyan Spirit

**Key
Point**



*when elbow is flexed, 3 cun
above the medial end of the
transverse cubital
crease, in the groove medial to
the biceps branchii*

- Opening circulation
- Pain in the lateral chest, shoulder or arm.

New Point:

Heart 3

Lesser Sea



*At the medial end of
the crease of the
elbow*

- Treats pain, numbness in the forearm & elbow
- Point of Joy



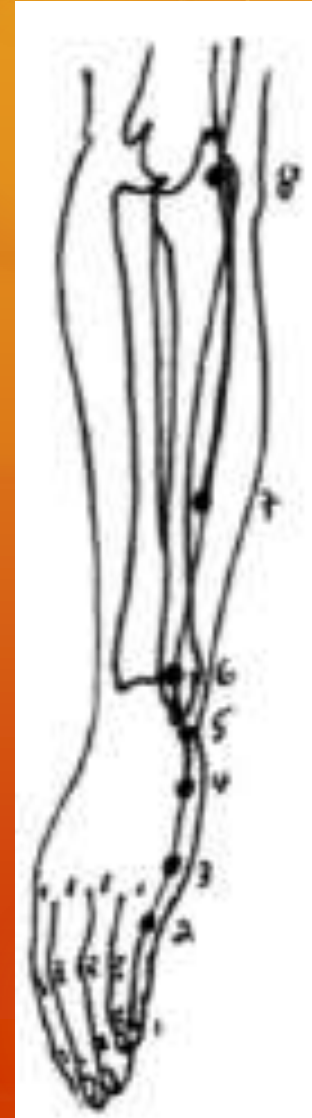
**Key
point**

New Point:

Small Intestine 4
Wrist Bone

*Between the 5th metacarpal
bone and the hasmate and
pisiform*

- Small Intestine source point
- Relaxes the muscles, tendons and ligaments of the body; good point for treating Heat conditions
- Balance the Opposite

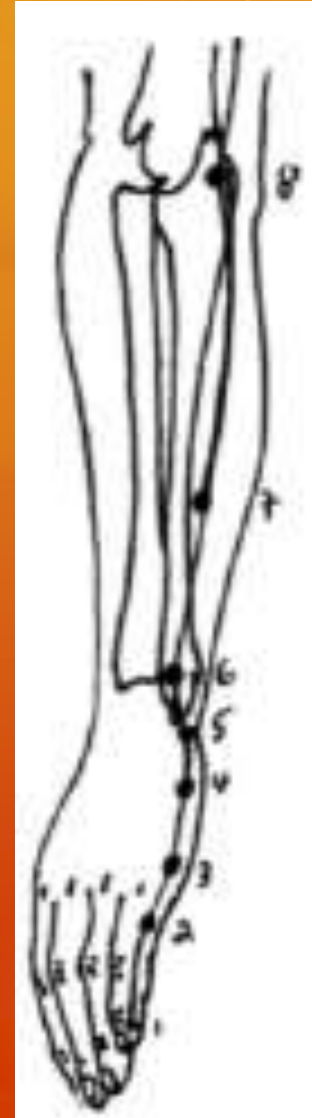


Key Point

New Point: Small Intestine 5 *Yang Valley*

On the ulnar end of the transverse wrist crease in a depression between the styloid process of the ulna and the triquetral bone.

- Neck and shoulder pain and/or swelling.
- Toothache, lockjaw.
- Clears heat from the hearts - calms the spirit, manic behavior.



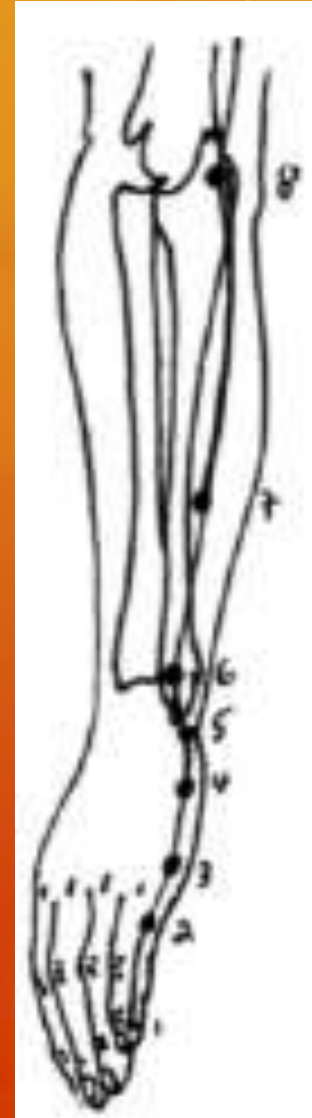
Key Point

New Point:

Small Intestine 8
Small Sea

*Between the olecranon process of the ulna
and the medial epicondyle of the
humerus, found with the elbow flexed.*

- Elbow problems, swelling, trembling, pain, numbness, weakness;
- Epilepsy

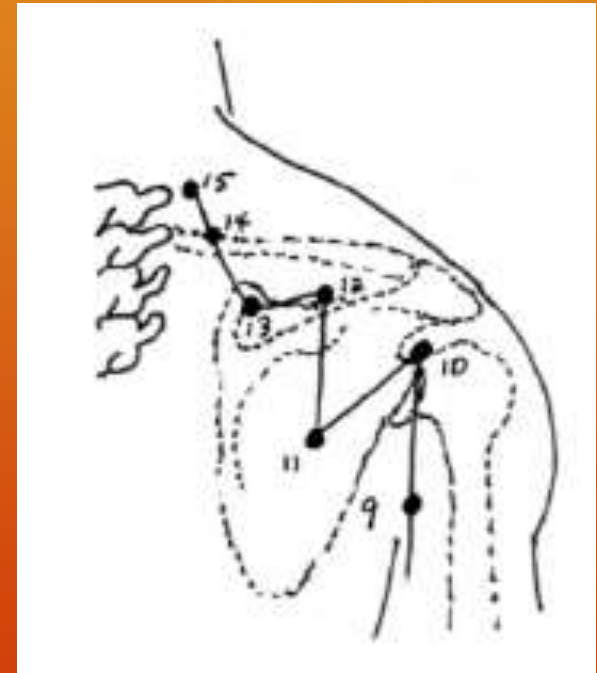


Key point

New Point: Small Intestine 11 *Heavenly Gathering*

On the scapula in a depression at the center of the infrascapular fossa, found at the junction of the upper and middle third between the lower scapular spine and the inferior angle of the scapula.

- Breast problems, mastitis, insufficient lactation, breast pain.
- Emotional issues, anxiety that presents with asthma, expands and relaxes the chest, asthma generally.



Key Points

New Points:

Small Intestine 16 & 17 *Heavenly Window & Divine Appearance*

- *SI-16: On the lateral side of the neck, posterior to the SCM, level with the Adam's apple.*
 - *SI-17: Posterior to the angle of the mandible in a depression on the interior border of the SCM.*
- Useful for throat distention, swelling, goiters, lumps in neck a/or throat, voice issues.
 - Ear issues - tinnitus, deafness, pain.



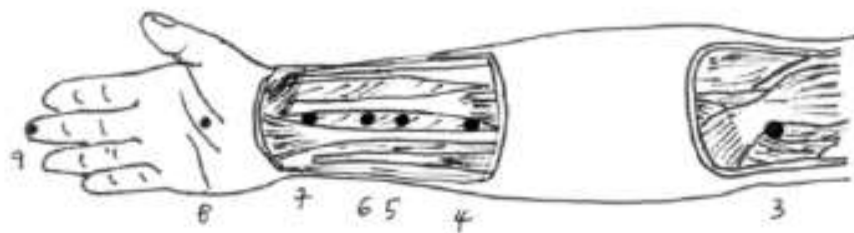
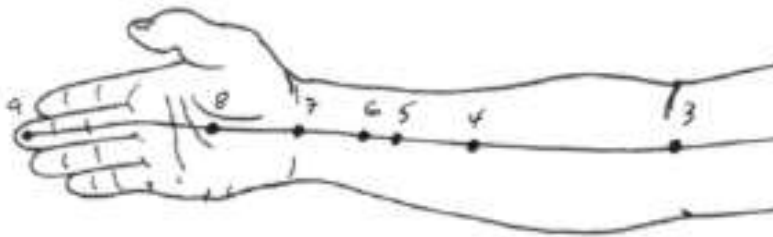
Key
Point

New Point:

Pericardium 3

Marsh at the Bend / Marsh at the Crook

*On the transverse cubital crease,
at the ulnar side of the tendon of the
biceps brachii*



- Chronic angina.
- Tremors of the hand a/or arm, Parkinson's disease.
- Gastrointestinal disorders, "sudden turmoil disease" - vomiting and diarrhea.

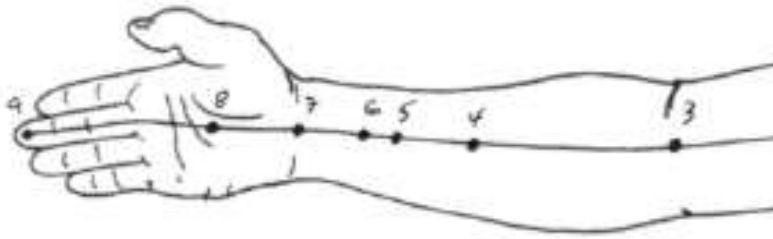
New Point:

Pericardium 7

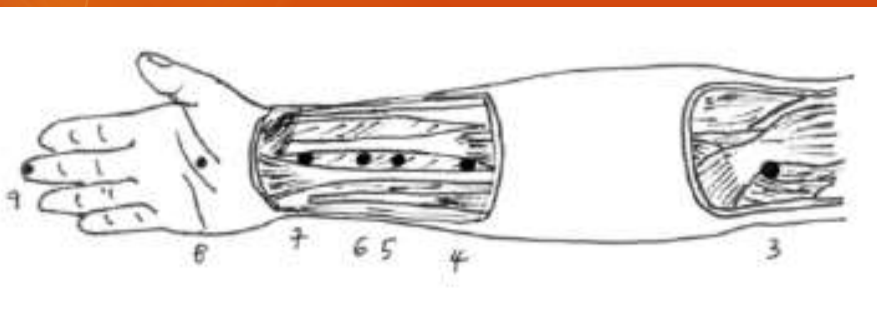
Big Mound / Great Mound

**Key
Point**

*At the midpoint of the transverse crease of the wrist,
between the tendons of
palmaris longus and flexor carpi radialis*



- Heart Protector source point;
- useful for treating carpal tunnel; helpful for pain, tension, and
- fullness/swelling of the chest and axillary area

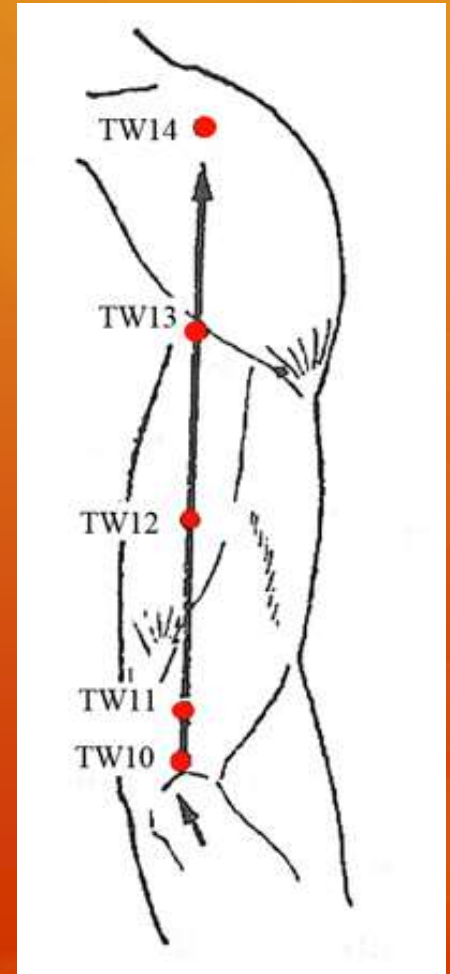


Key
point

New Point: Triple Warmer 10 *Heaven's Well / Heavenly Will*

*On the back of the upper
arm, just superior to the
olecranon process*

- Cooling Tempers
- Elbow Pain/Tendonitis
- Rheumatism
- One-sided Headaches

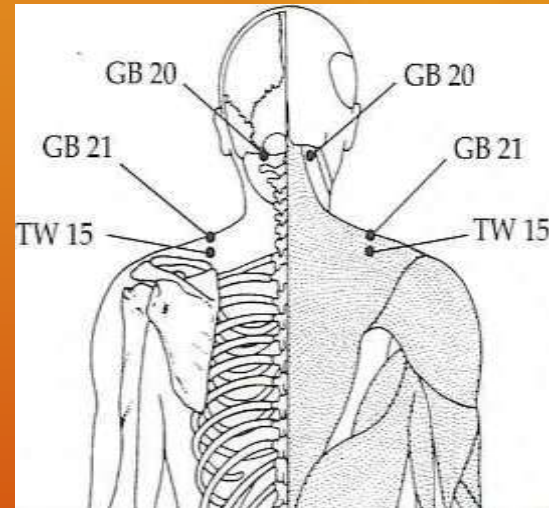


key
point

New Point:

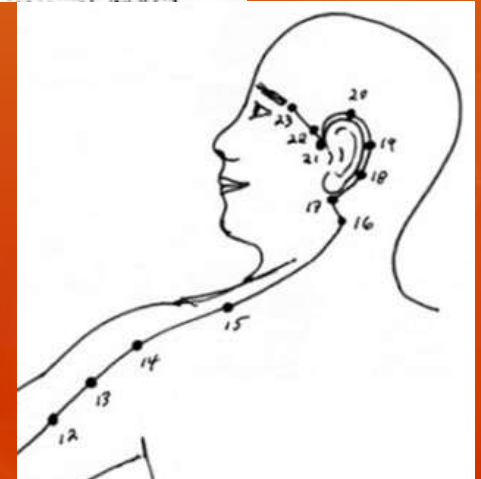
Triple Warmer 15

*Heaven's Bone / Heavenly
Crevice*



*Midway between GB21 and
SI13 on the superior angle
of the scapula*

○ Burdens



**Key
point**

New Point: Triple Warmer 17 *Wind Screen*

*Posterior to lobule of ear in
depression between the
mandible and mastoid process.*

- Ear problems,
tinnitus, deafness,
acute earache due to
wind cold



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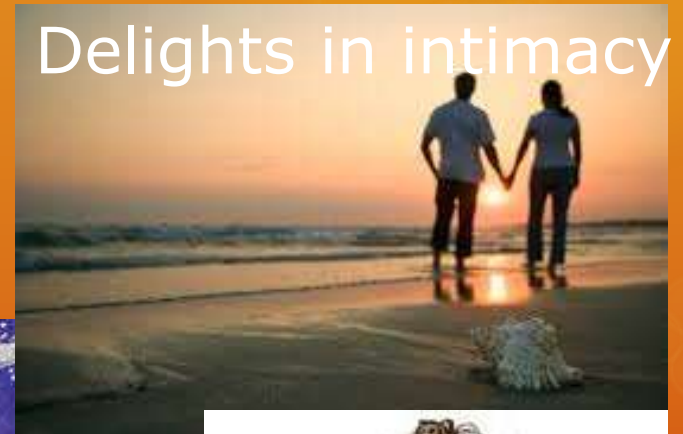
UP NEXT: Self-Evaluation

So you think you're a Fire Type?

KEYS TO UNDERSTANDING FIRE:



Bright and vibrant



Delights in intimacy



Loves drama



Keenly Intuitive



EXCITEMENT

TYPICAL PROBLEMS



Journey through Fire

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