

HEALING PRACTICES OF THE ANCIENT CHINESE TRADITION.

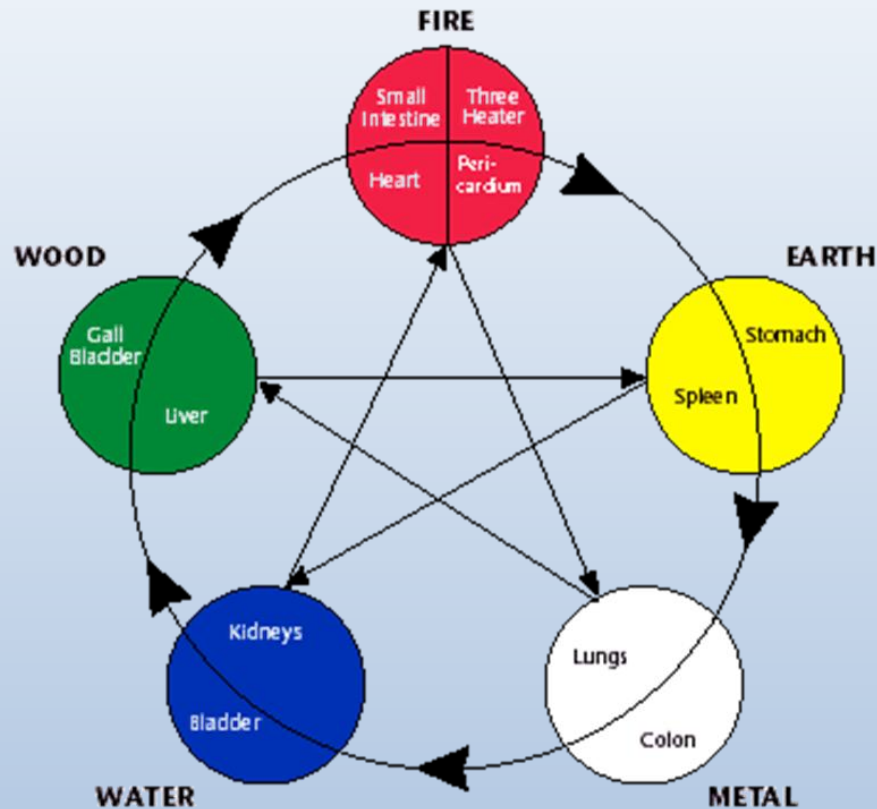
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Paths
to integration

Correspondences
between
The Five Elements
and Energy Channels.

The Five Elements and the Energy Channels



The twelve regular channels are arranged in pairs (energetic couples). There are 6 pairs, each one formed by a Yin channel (attached to a Yin organ) and a Yang channel (attached to a Yang organ), and each pair corresponds to one Elements.

Water element:

Kidney Channel (Yin)

Bladder Channel (Yang)

Wood Element:

Liver Channel (Yin)

Gallbladder Channel (Yang)

Fire Element:

Heart Channel (Yin)

Small Intestine Channel (Yang)

Pericardium or Master of Heart (Yin)

Triple Burner Channel (Yang)

Element Earth:

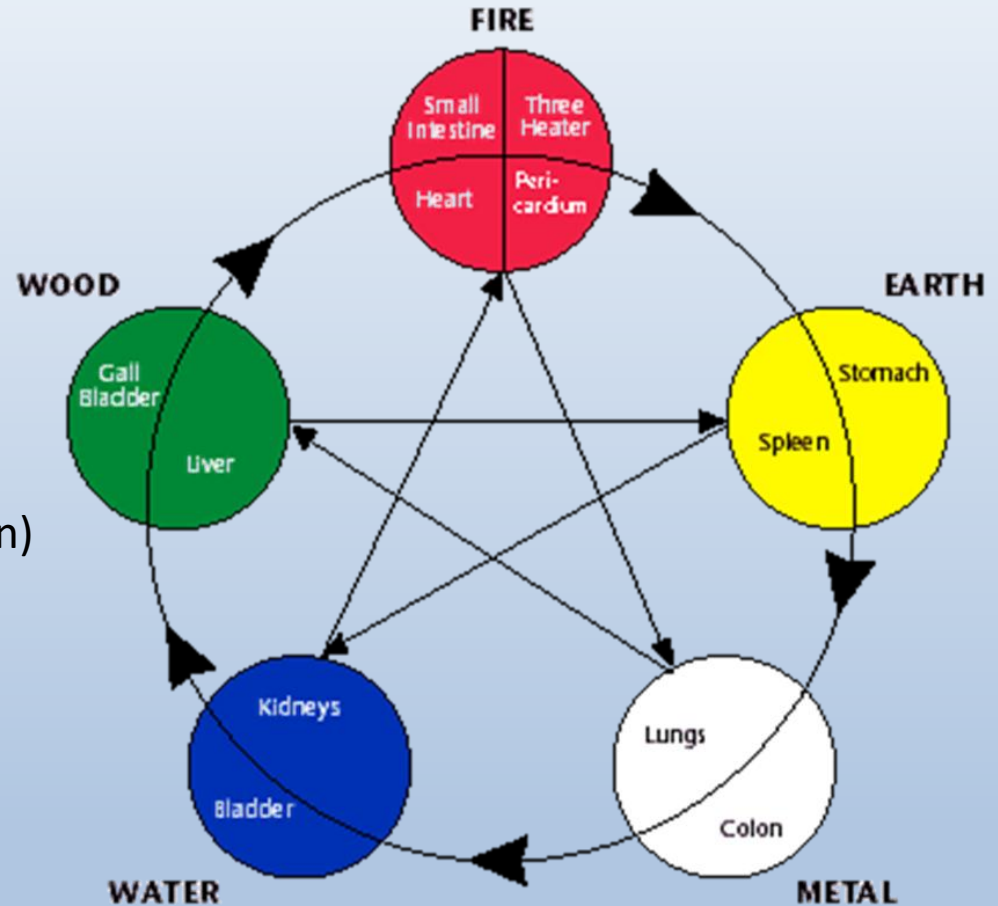
Spleen / Pancreas Channel (Yin)

Stomach Channel (Yang).

Metal Element:

Lung Channel (Yin)

Large Intestine Channel (Yang)



Water Element

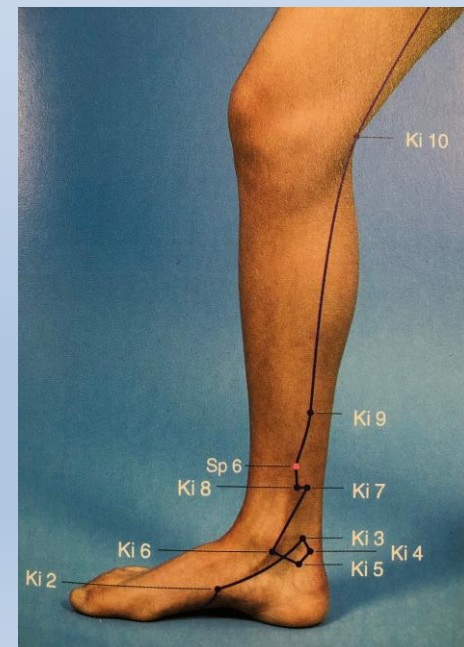
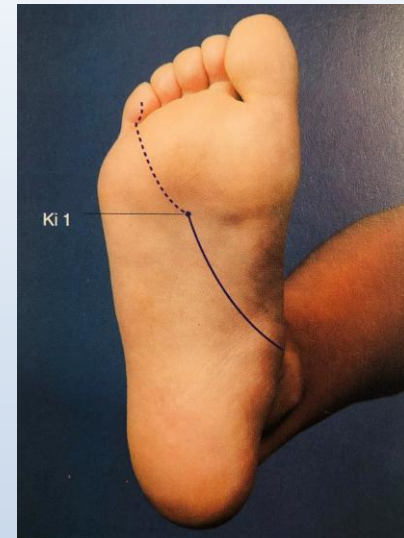
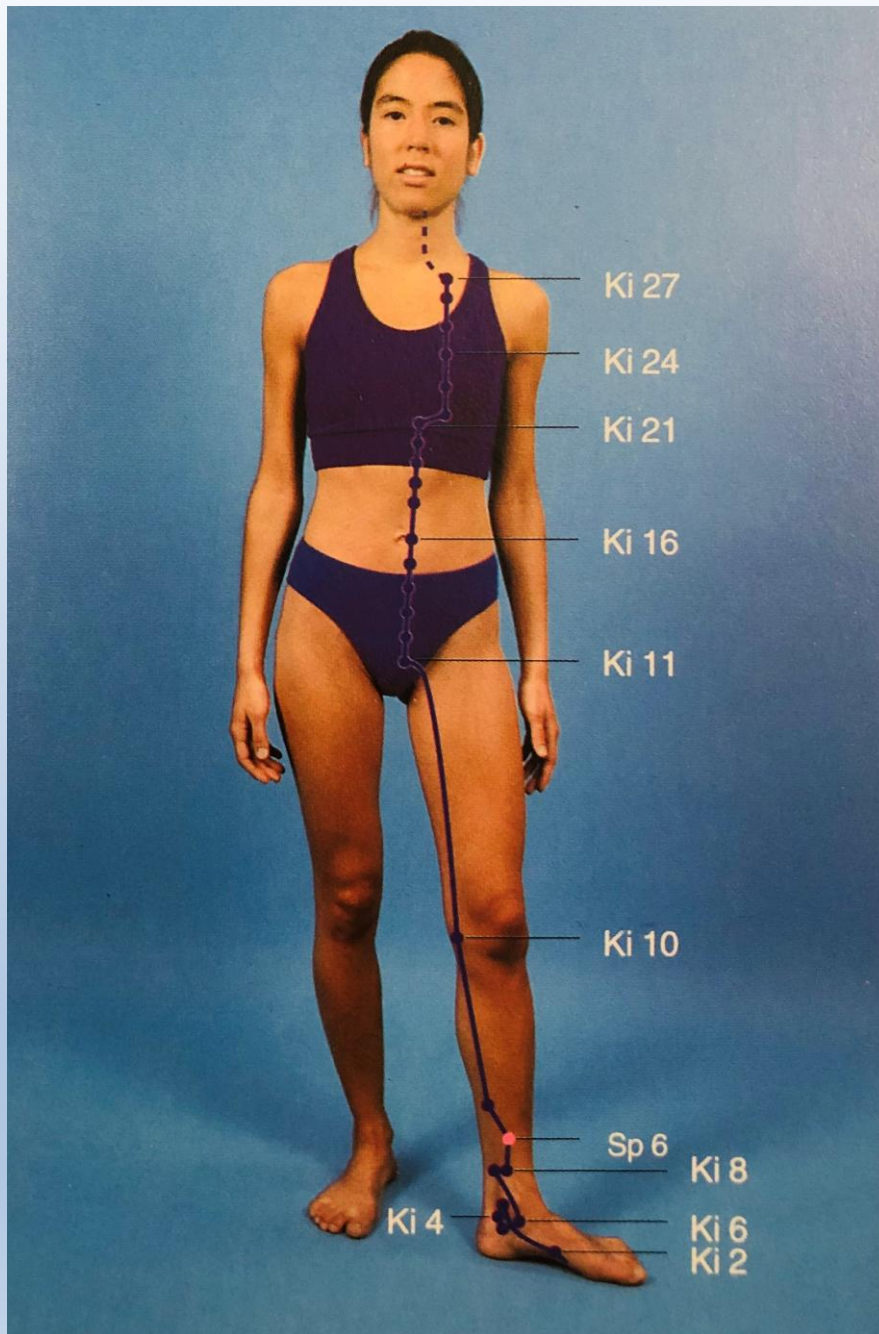
CORRESPONDENCES OF THE WATER ELEMENT IN OUR BODY

	WATER (YIN)				
ORGAN (Yin)	Kidney				
ORGAN(Yang)	Bladder				
SENSES	Ear				
NURTURES	Bones Marrow Brain Hair				
EMOTIONS	Fear				
INADEQUATE MENTAL ENERGY	Hyper- responsability				
MENTAL ENERGIES	Confidence Trust Alert Will Responsability				

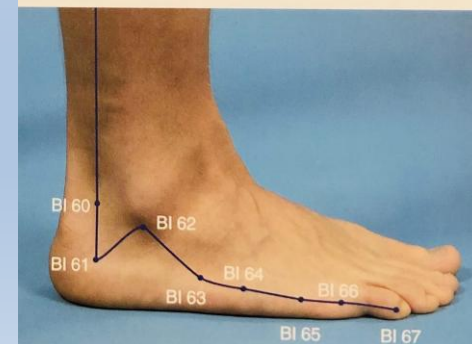
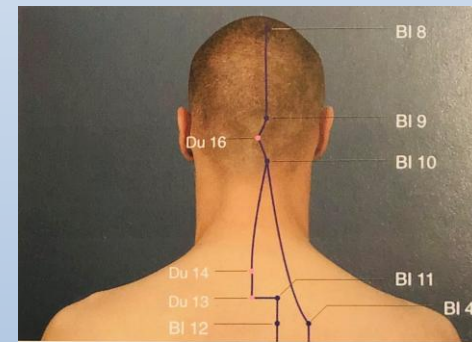
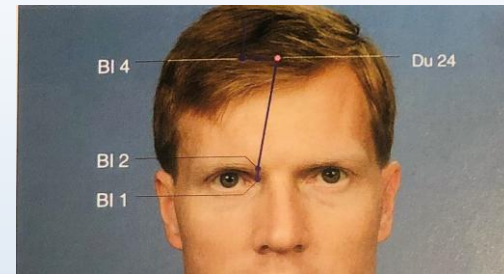
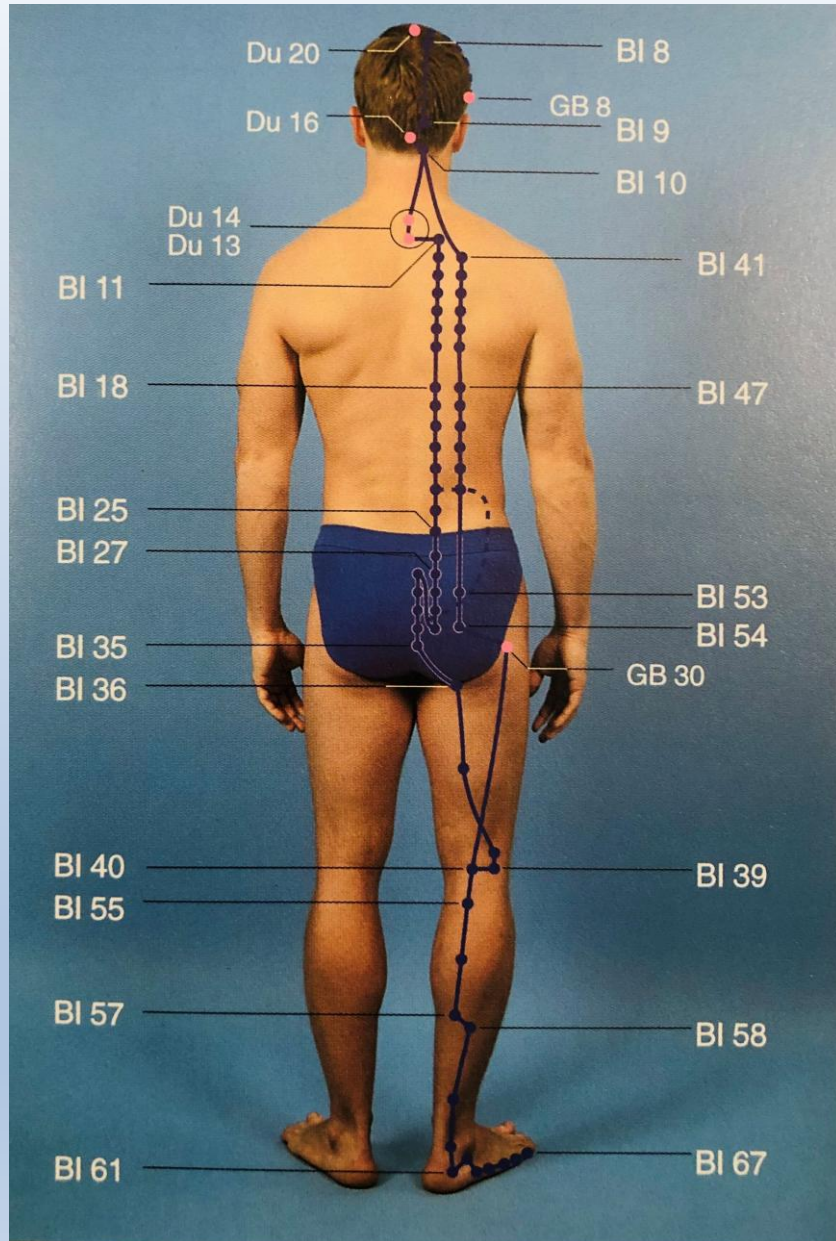
Water Element Channels

Kidney Channel (Yin) - Bladder Channel (Yang)

KIDNEY CHANNEL



BLADDER CHANNEL



Wood Element

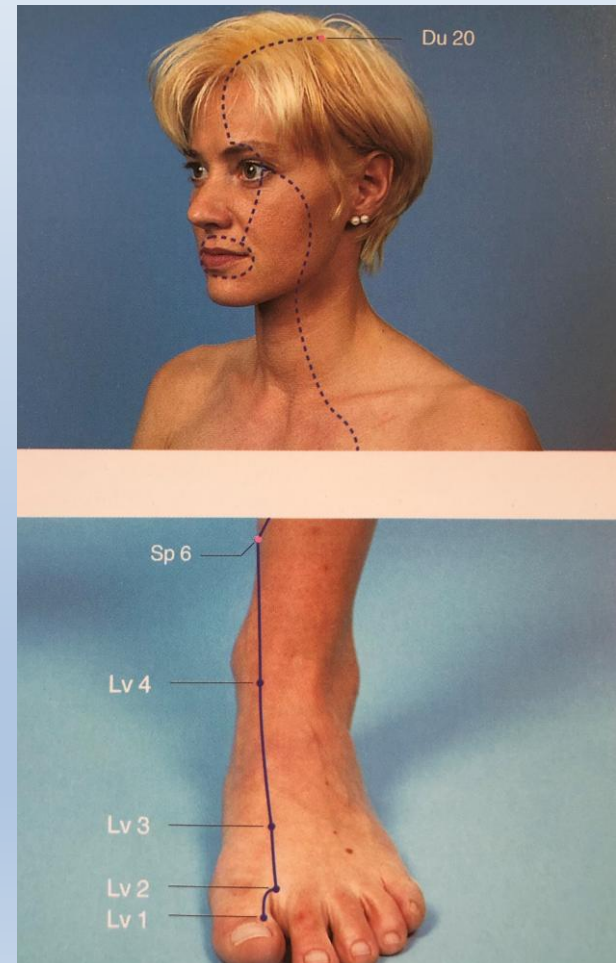
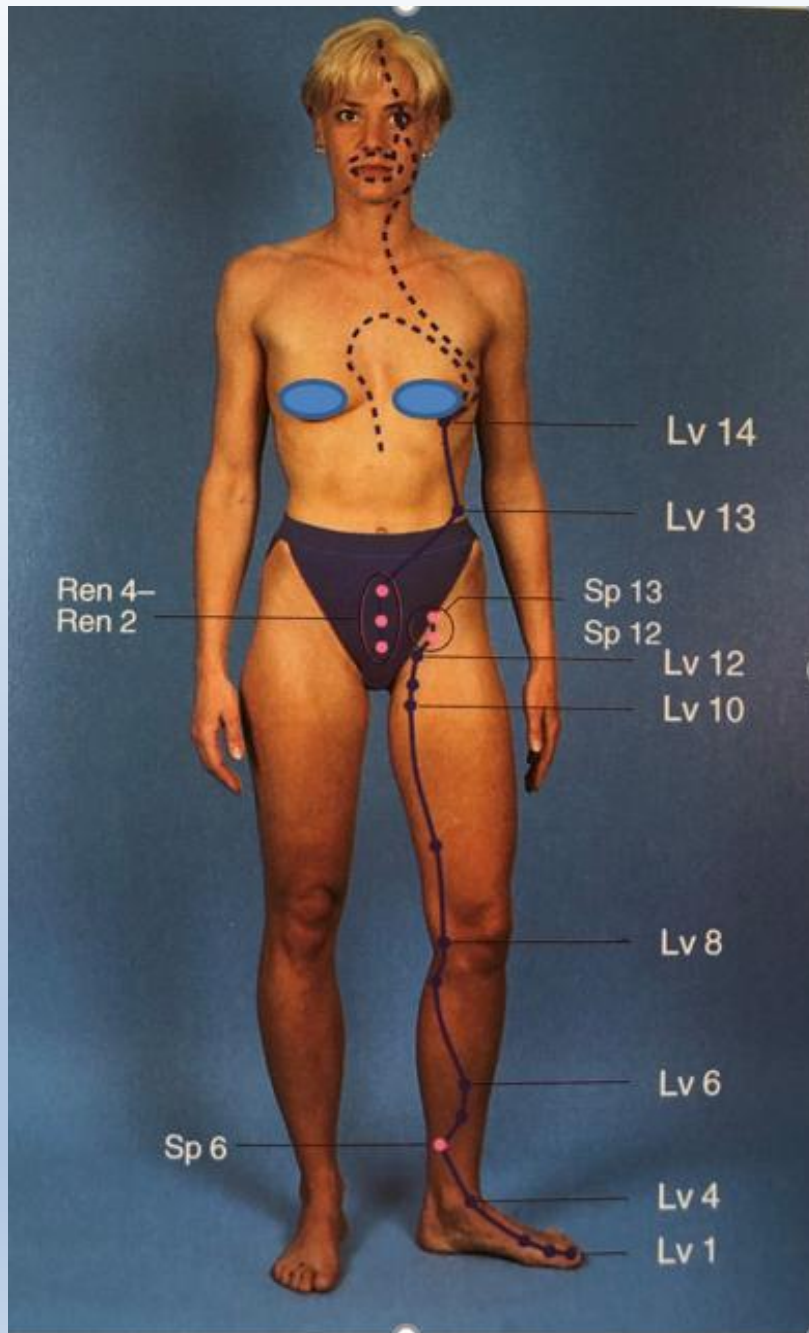
CORRESPONDENCES OF THE WOOD ELEMENT IN OUR BODY

		WOOD (LITTLE YANG)			
ORGAN (Yin)		Liver			
ORGAN(Yang)		Gallblader			
SENSES		Eyes			
NURTURES		Muscles Tendons Nails			
EMOTIONS		Anger Rage			
INADEQUATE MENTAL ENERGY		Indecision			
MENTAL ENERGIES		Generosity Creativity Compasion Flexibility Decision			

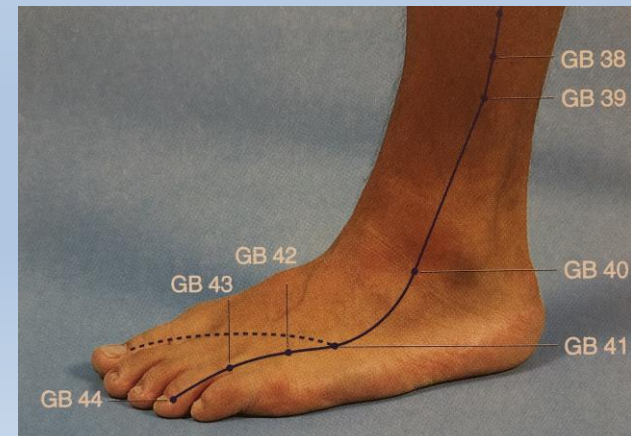
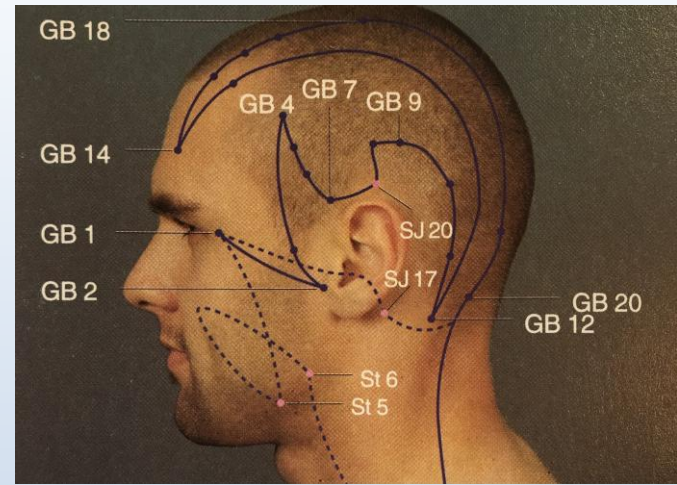
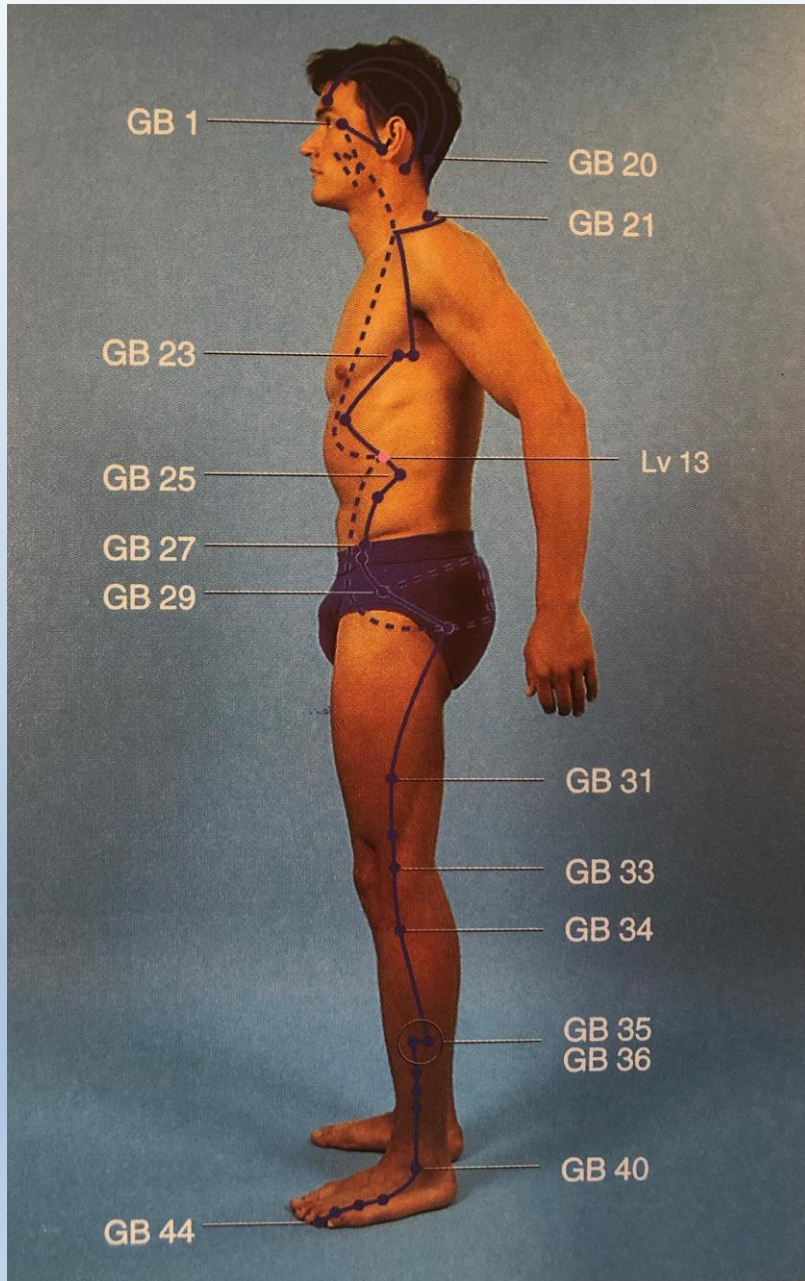
Wood Element Channels

Liver Channel (Yin) - Gallbladder Channel (Yang)

LIVER CHANNEL



GALLBLADDER CHANNEL



Fire Element

CORRESPONDENCES OF THE FIRE ELEMENT IN OUR BODY

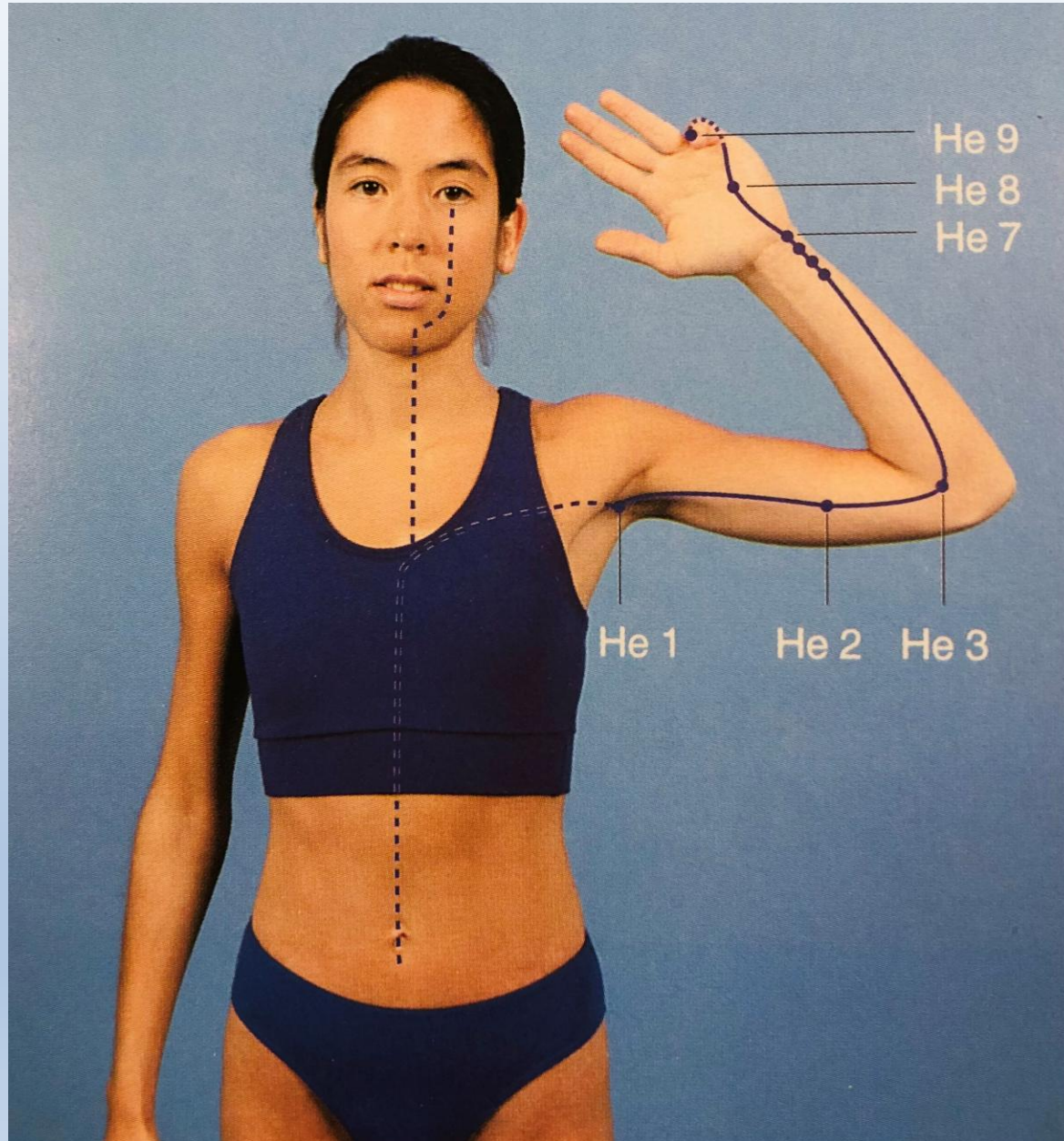
	WATER (YIN)	WOOD (LITTLE YANG)	FIRE (YANG)	EARTH (REFERENTIAL)	METAL (LITTLE YIN)
ORGAN (Yin)			Heart		
ORGAN(Yang)			Small Intestine		
SENSES			Tongue		
NURTURES			Blood Vessels		
EMOTIONS			Joy Sadness of the present		
INADEQUATE MENTAL ENERGY			Anxiety Exacerbated Joy		
MENTAL ENERGIES			Happiness Joy of Living Gratitude		

Fire Element Channels

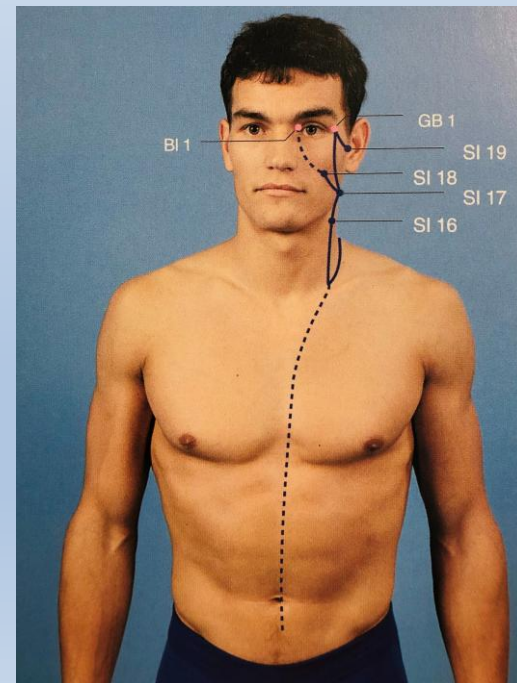
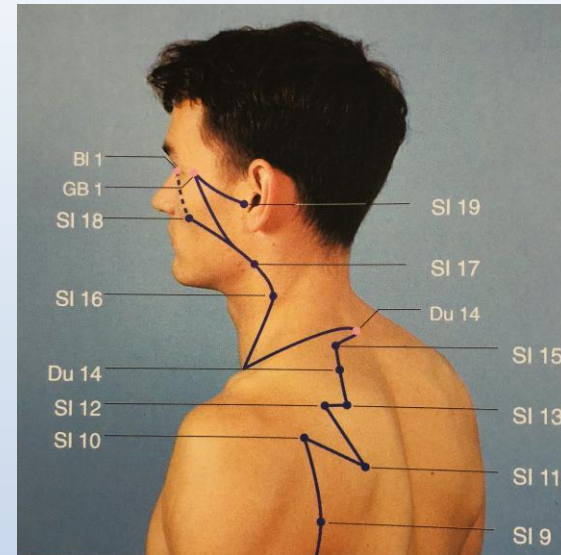
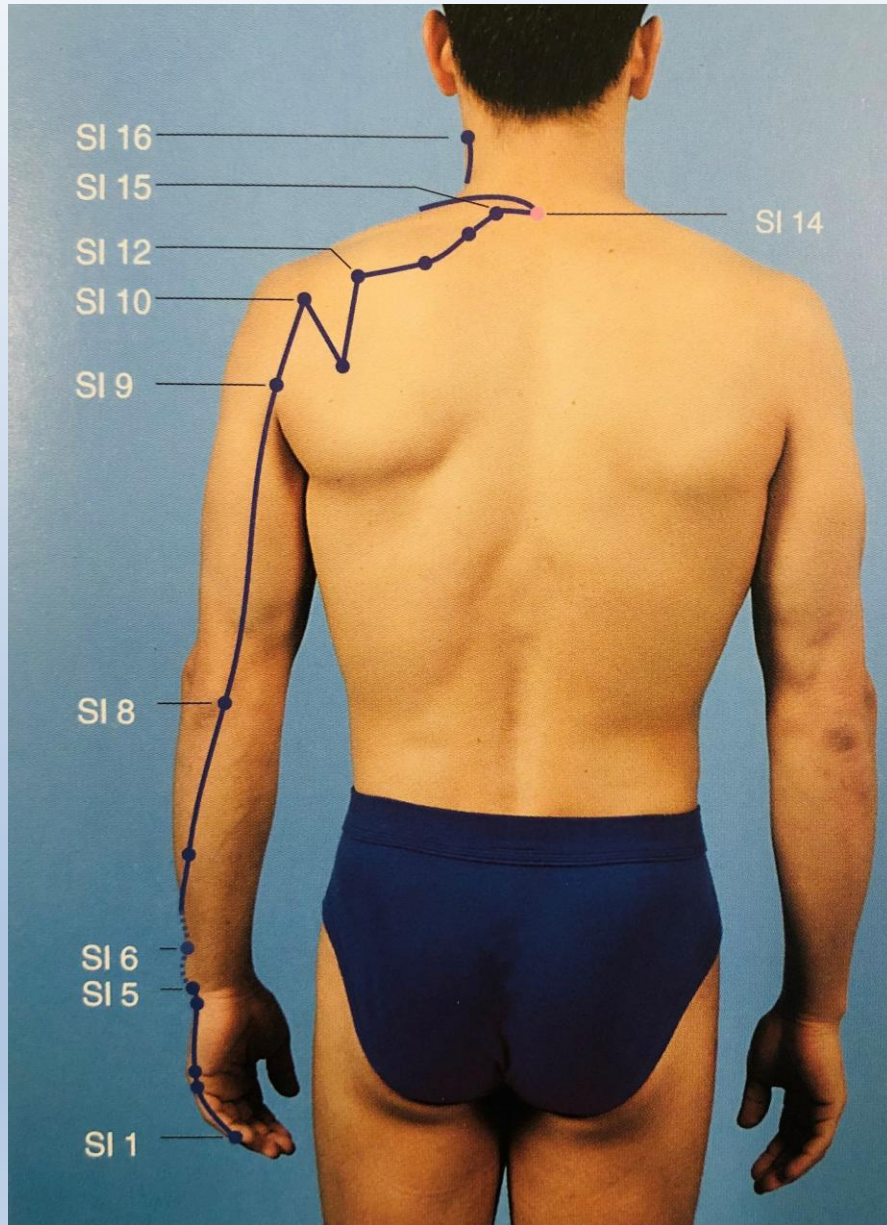
Heart Channel (Yin) - Small Intestine Channel (Yang)

Pericardium (Yin) - Triple Burner Channel (Yang)

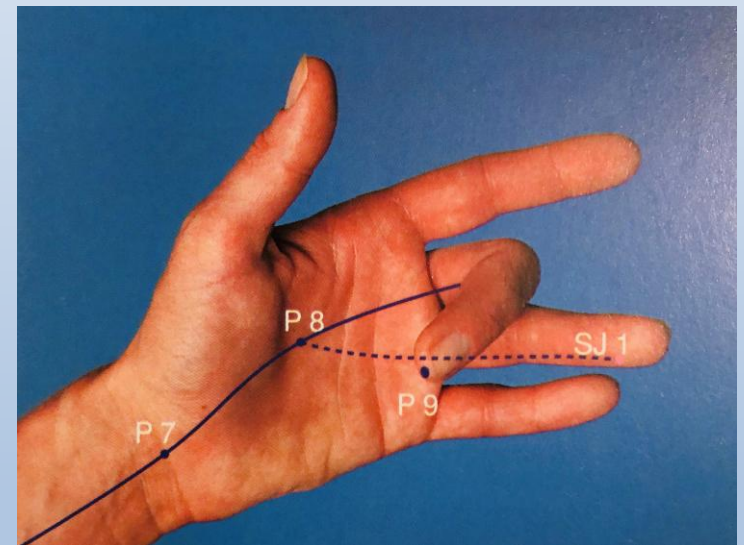
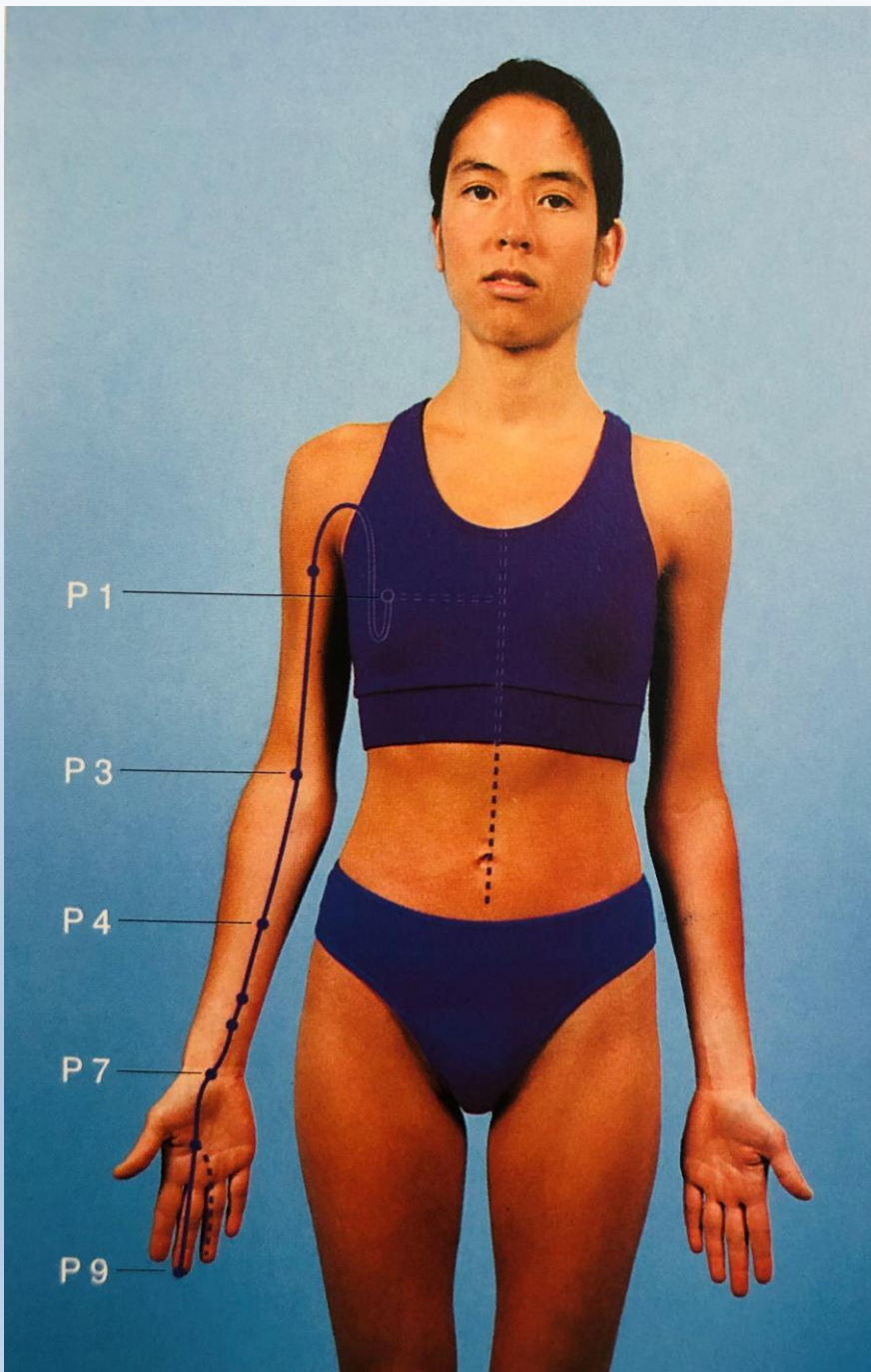
HEART CHANNEL



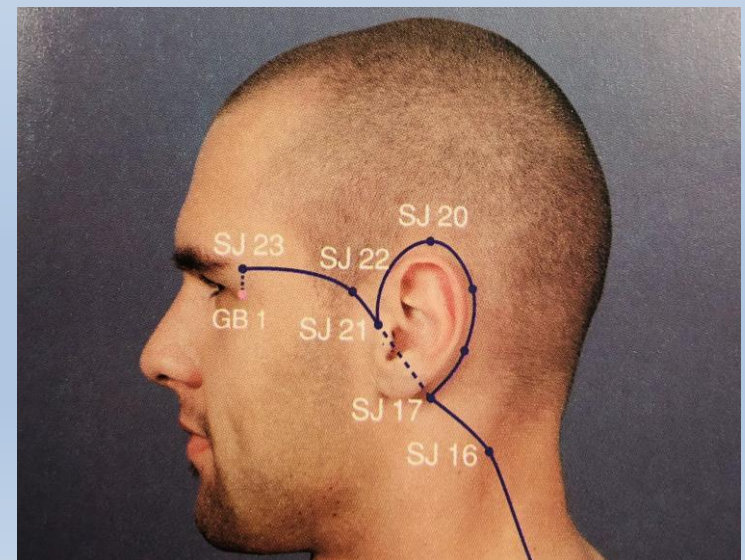
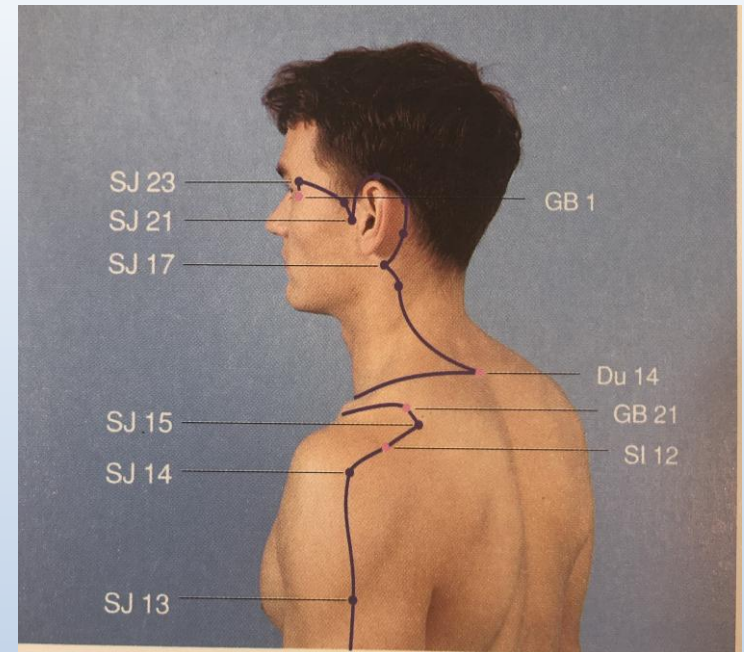
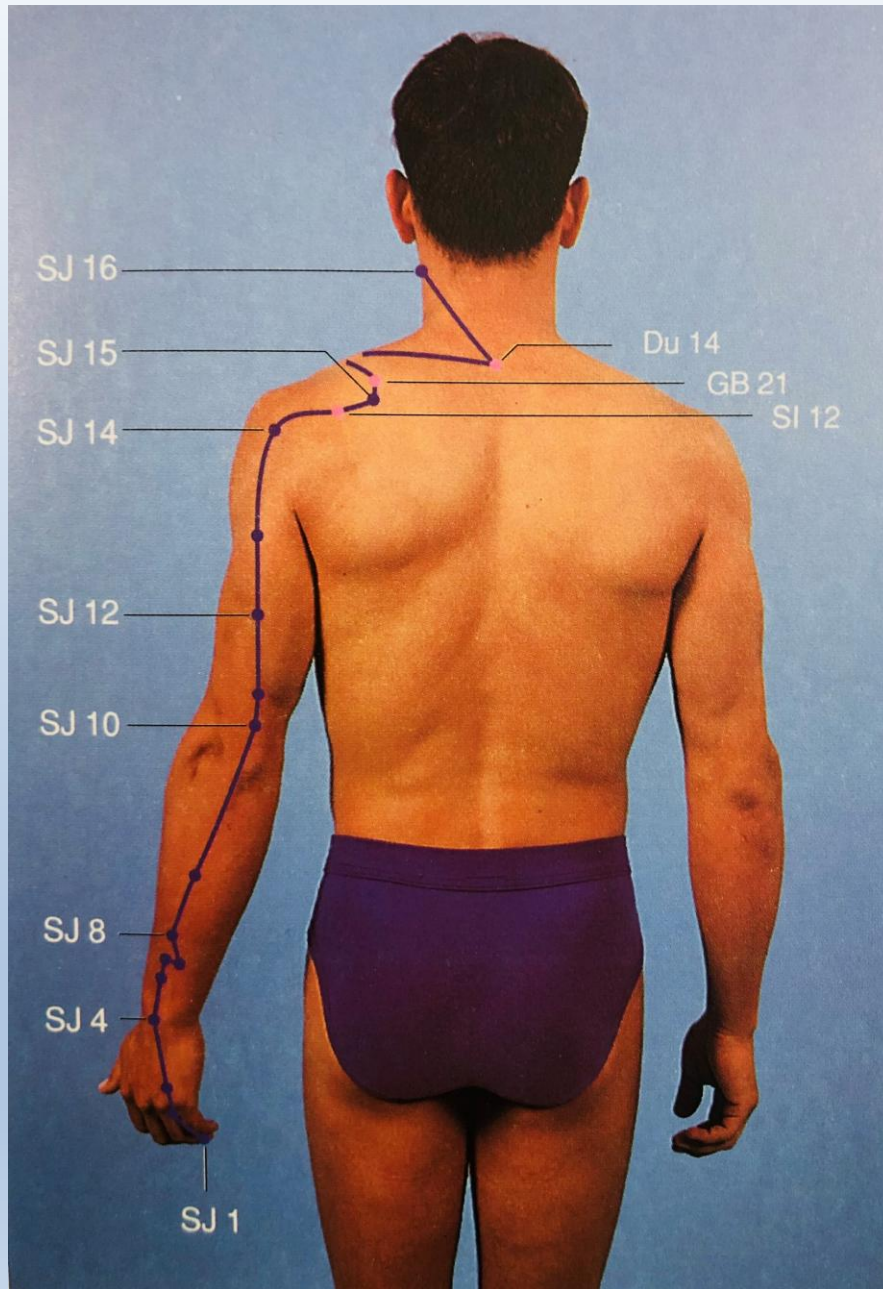
SMALL INTESTINE CHANNEL



PERICARDIUM (MASTER OF HEART) CHANNEL



SANJIAO CHANNEL



Earth Element

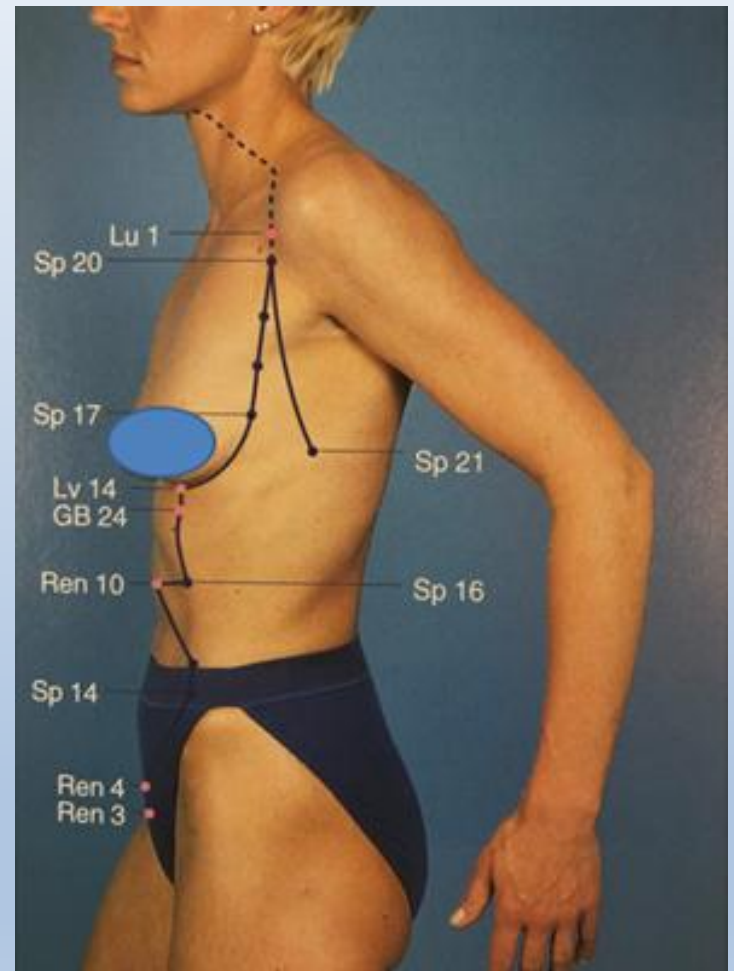
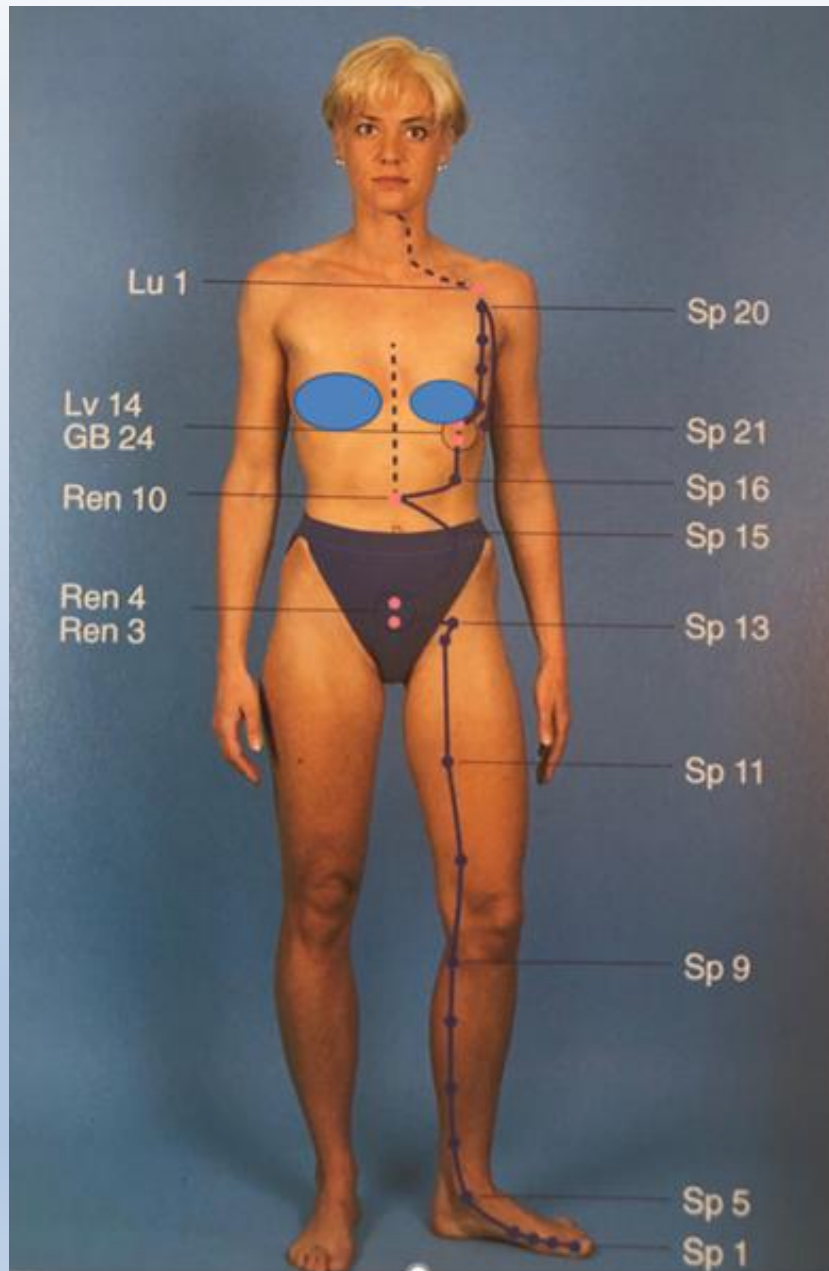
CORRESPONDENCES OF THE EARTH ELEMENT IN OUR BODY

	WATER (YIN)	WOOD (LITTLE YANG)	FIRE (YANG)	EARTH (REFERENTIAL)	METAL (LITTLE YIN)
ORGAN (Yin)				Spleen	
ORGAN(Yang)				Stomach	
SENSES				Mouth	
NURTURES				Conjunctive tissue The Flesh	
EMOTIONS				Obsession Overthinking Worry	
INADEQUATE MENTAL ENERGY				Apathy	
MENTAL ENERGIES				Reflection (Healthy Thinking) Center	

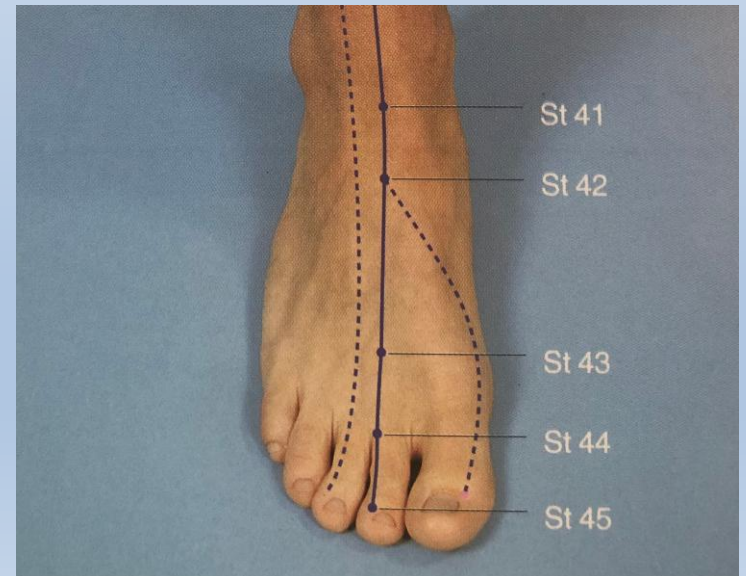
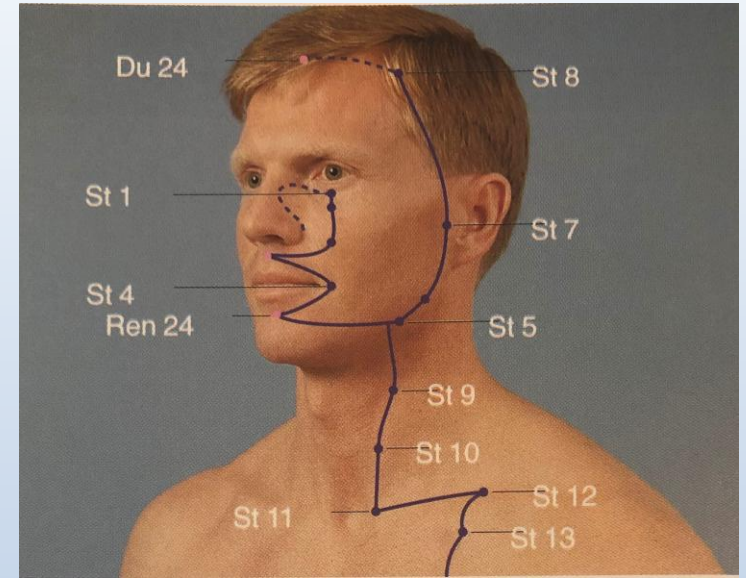
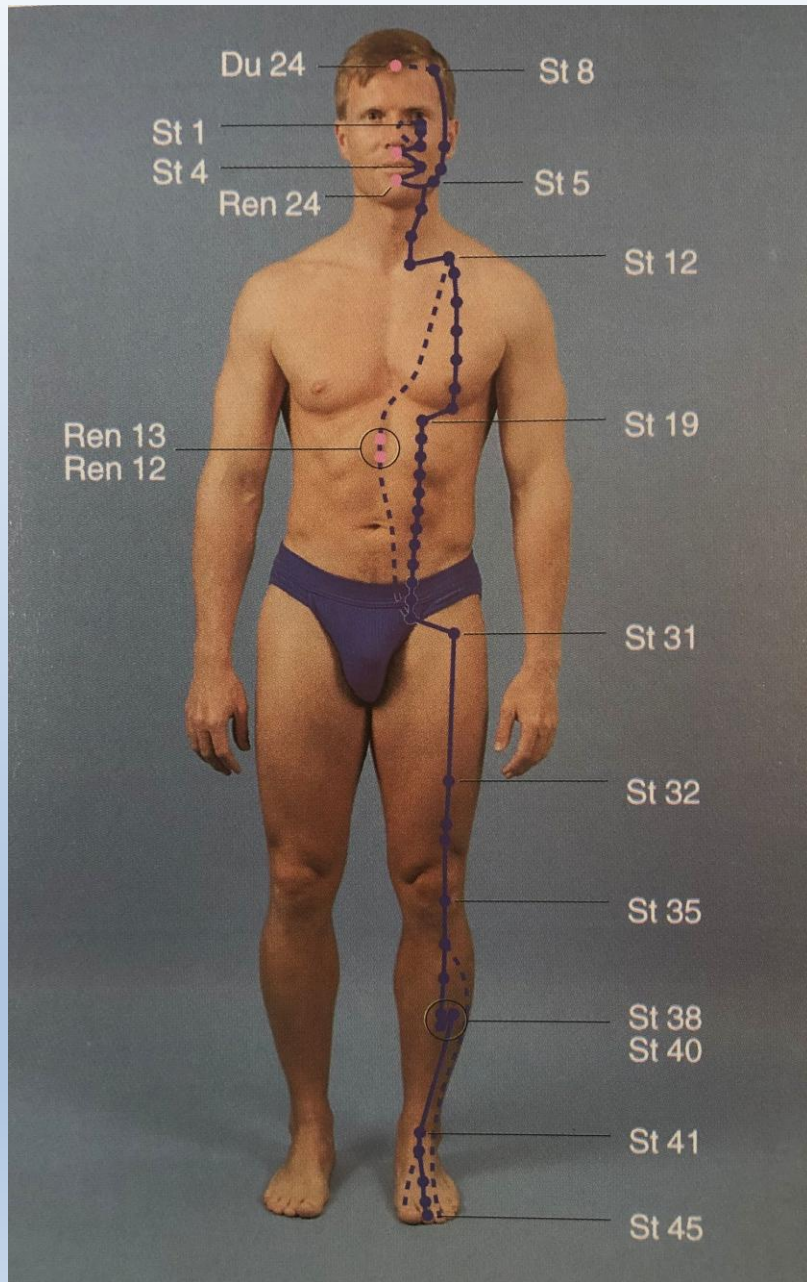
Earth Element Channels

Spleen / Pancreas Channel (Yin) - Stomach Channel (Yang).

THE SPLEEN CHANNEL



STOMACH CHANNEL



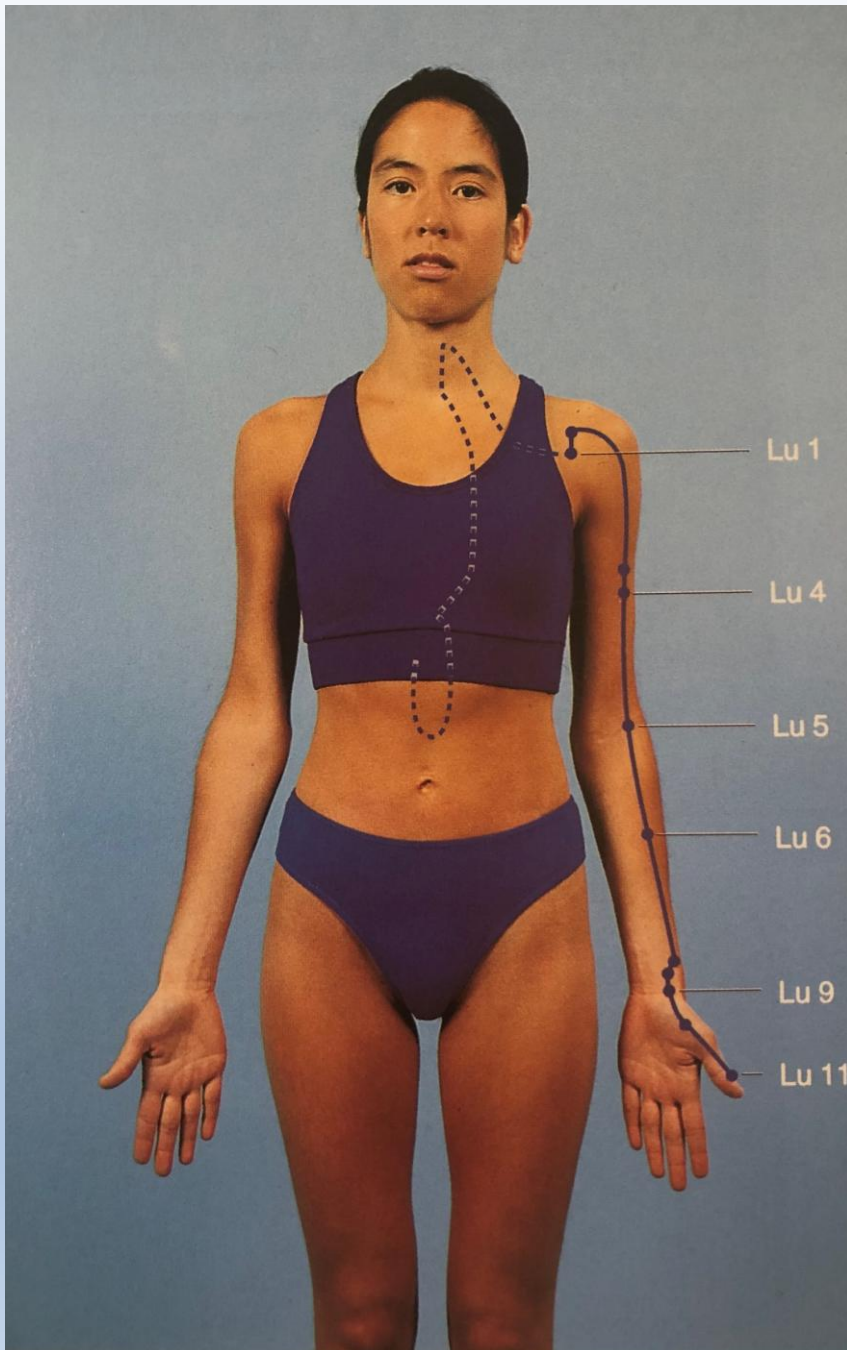
Metal Element

CORRESPONDENCES OF THE METAL ELEMENT IN OUR BODY

	WATER (YIN)	WOOD (LITTLE YANG)	FIRE (YANG)	EARTH (REFERENTIAL)	METAL (LITTLE YIN)
ORGAN (Yin)					Lung
ORGAN(Yang)					Large Intestine
SENSES					Nose
NURTURES					Skin Hair of the body
EMOTIONS					Melancholy Grief
INADEQUATE MENTAL ENERGY					Attachment
MENTAL ENERGIES					Detachment To be Open to change.

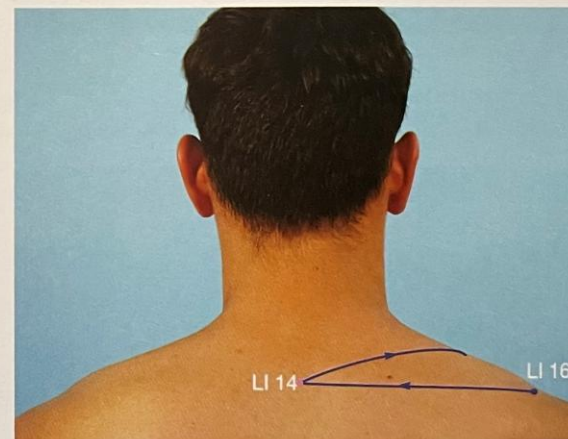
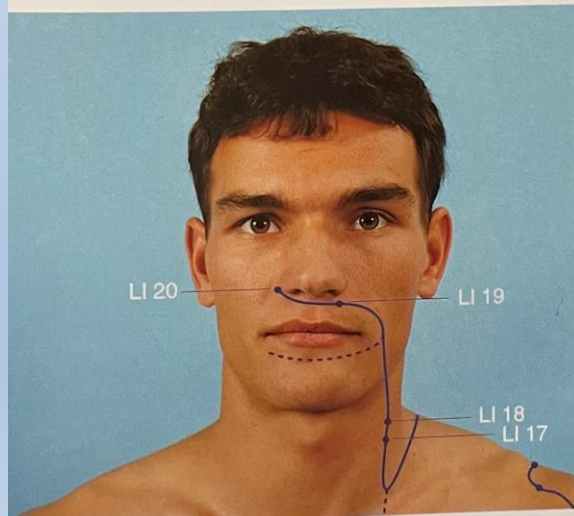
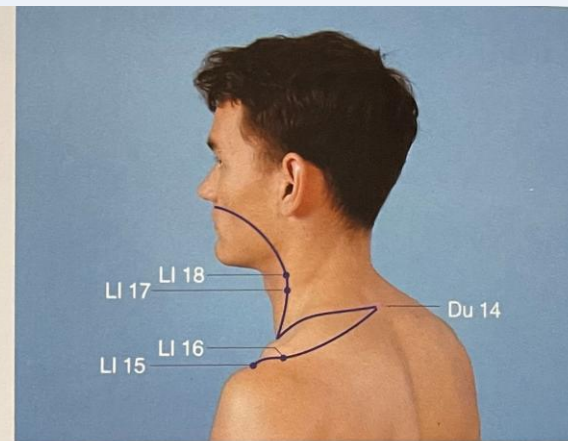
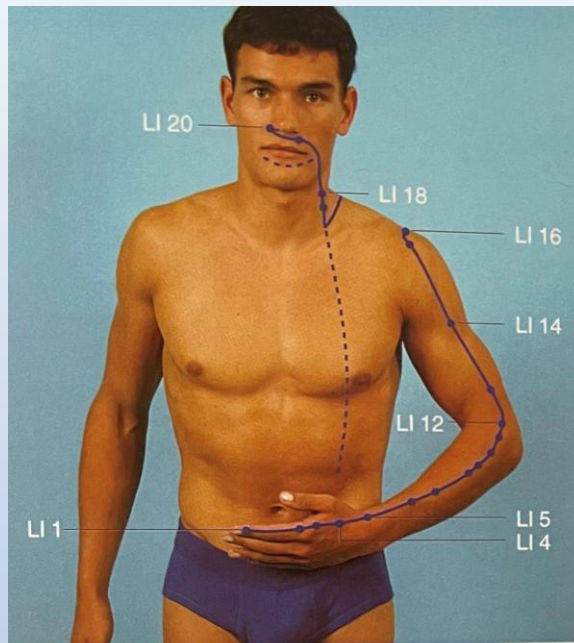
Metal Element Channels

Lung Channel (Yin)- Large Intestine Channel (Yang)



LUNG CHANNEL

LARGE INTESTINE CHANNEL



SOURCES

- Nei Jing School of Traditional Chinese Medicine.
Fundacion Escuela Nei Jing de Medicina Tradicional China.
www.escuelaneijing.org
- Seirin Pictorial Atlas of Acupuncture.
- The Five Elements Image
acupuncturenewrochelle.com

ATTENTION

- **This information is not intended to diagnose any disease or condition, prescribe any treatment or substitute any type of Medical Treatment.**
- **Our practice is offered only to be used in the maintenance and promotion of wellbeing.**
- **We recommend consulting your Physician before performing any of our Energy Balance practices.**



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