

Press the hollow just below your collarbone (KID-1 or Lung point). Or, as you exhale, slowly draw your arms together in front of your chest.

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Lungs
(Mineral)

Kidneys
(Water)

5 Elements

Spleen
(Earth)

Liver
(Nature)

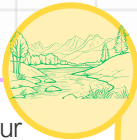
Heart
(Fire)

Place both hands on your lower ribs and gently rub in circles as you exhale. Or, gently pull your navel toward your spine.

Place your palms on your lower back (kidney area) and feel the warmth as you exhale. Or, gently press the inner arch of your foot.

Press the center of your left palm with your right thumb. Or, open your chest wide like you're hugging the sky as you exhale.

Gently press the fleshy web between your left thumb and index finger (Liver pressure point). Or, as you exhale, softly twist your torso to the left.



5 ELEMENTS

	SOUND	COLOR	EMOTION VIRTUES	EXCESS EMOTION	PHYSICAL BENEFIT
LUNGS	SSSSSSSS	White	Strength Courage Hope Integrity Authenticity	Sadness Grief Suffering Sorrow Depression	Strengthens the immune system and clears respiratory congestion
KIDNEYS	CHOOOOO	Blue/Black	Peace Intuition Relating Presence Reflecting	Fear Loneliness	Strengthens bones, teeth, and the lower back; cools the body
LIVER	SHHHHHH	Green	Kindness Compassion Transformation Creation Expansive	Anger Irritation Annoyance Jealousy	Detoxifies the body and helps release tension from muscles and tendons
HEART	HAAAAAA	Red	Love Joy Happiness Passion Sovereignty	Hatred Bitterness Resentment Anxiety Guilt	Calms the mind, lowers blood pressure, and regulates blood flow
SPLEEN	WHOOOO	Yellow	Openess Trust Grateful Abundance Safety	Distrust Worry Paranoia Self-doubt	Strengthens digestion and reduces bloating
TRIPLE WARMER	HEEEEE	-----	Calm	Stress	Balances the body's overall energy, temperature, and fluid metabolism