

Week 11: Liver Cleansing Exercise

YIN ORGAN: LIVER

YANG ORGAN: GALL BLADDER

COLOR: GREEN

DIRECTION: EAST

The Liver governs the blood, controlling our tendons, ligaments, and sinews. The Liver channel opens into the eyes and controls our overall mood. The function of the Liver system is to act as a filter, neutralizing toxins in the body, and allowing for the smooth flow of energy. The Liver is most active 11 PM — 3 PM (Gall Bladder 11 PM — 1 AM and the Liver 1 AM — 3 AM). The Liver is associated with the Wood element and is said to house the *Ethereal Soul*, the soul that returns to heaven at the time of death. The Liver stores the negative emotions of anger, frustration and resentment, and the positive virtue is kindness.

LIVER MERIDIAN:

Beginning at the top of the big toe, *Dadun (LI1)* the Liver meridian goes over the top of the foot ascending in front of the inner ankle and along the medial aspect of the lower leg and knee. Continuously, it runs on the medial side of the thigh to the pubic region, where it encircles the genitalia before entering the lower abdomen and ascending into the liver and gall bladder. The main channel ends at *Qimen (LI14)* two ribs below the nipple in the intercostals space of the rib cage.

THE MOVEMENT:

With your right arm straight, bring the right palm face up in front of you. Draw the left palm in to your chest, elbow bent, as if you were trying to push something away from the body. As you pull the right arm/palm back, bending the elbow to the right side of the body, press the left arm/palm forward, maintaining the "pushing away" position, until the arm is fully extended in front of you. Then press forward with the right arm/palm as if you were trying to push something away from the body, as the left arm then pulls to the left side of the body, facing up. There should be a rolling effect of the palms as they pass one another midway through the movement. The tongue points straight up on the roof of the mouth.

