

Week 7: Heart Cleansing Exercise

YIN ORGAN: HEART

YANG ORGAN: SMALL INTESTINE

COLOR: RED

DIRECTION: SOUTH

The fire element is associated with the heart, cardiovascular system, pericardium, and small intestine. The heart is said to house the mind, or *Shen*. It rules the blood, blood vessels, and is responsible for expressing warmth throughout the body. The system is most active between the hours of 11 AM — 3 PM (Heart 11 AM — 1 PM; Small Intestine 1 PM — 3 PM). The Pericardium is most active 7 PM — 9 PM and Triple Warmer 9 PM — 11 PM. The negative emotion that is stored in the Heart is over excitation, and the positive virtue is love.

HEART MERIDIAN:

The Heart Meridian has three branches, each of which begins in the Heart. One branch runs downward through the diaphragm to connect to the Small Intestine. A second branch runs upward from the Heart along the side of the throat to meet the eye. The third branch runs across the chest from the Heart to the Lung, then descends and emerges in the underarm. It passes along the midline of the inside of the upper arm, runs downward across the inner elbow, along the midline of the inside of the forearm, crosses the wrist and palm, and terminates at the inside tip of the little finger, where it connects with the Small Intestine Meridian.

THE MOVEMENT:

Start with the hands holding a ball in front of the lower Tan Tien, with the right hand on top of the ball and the left hand on the bottom of the ball. As you turn your upper torso to the left, the left hand will rise to about the height of the shoulders with the palm turned horizontally, facing outward, while, below that, the right hand pushes out to the left side in a vertical position. Turning again to the forward position, this time the left hand floats on top of the ball and the right hand on the bottom, mirror the action you completed on the left except this time the right hand is facing horizontally and the left vertically. The tip of the tongue should be on the roof of the mouth behind the teeth.

