Week 8: Spleen Cleansing Exercise

YIN ORGAN: SPLEEN
YANG ORGAN: STOMACH
COLOR: YELLOW
DIRECTION: CENTRAL

The Spleen is the main organ responsible for the transportation and transformation of the food essence, and is associated with the Earth element. Essentially, the Spleen acts as the crucial link in the process of transforming food into qi and blood. The Spleen acts as the harmonizing force between all other organs and allows food to become the textures and activities of human life. It is responsible for the creative change in life and is associated with being centered in thought and actions. The Spleen system is most active between the hours of 7 AM – 11 AM, (Stomach 7 AM – 9 AM; Spleen 9 AM – 11 AM). The negative emotion housed in the Spleen is worry, with the positive virtue being centeredness.

SPLEEN MERIDIAN:
The Spleen Meridian originates at the medial side of the big toe. It then runs along the inside of the foot, turning in front of the inner anklebone. From there, it ascends along the posterior surface of the lower leg and medial aspect of the knee and thigh to enter the abdominal cavity. It runs internally to its pertaining organ, the Spleen, and connects with the Stomach. The main Meridian continues on the surface of the abdomen, running upward to the chest, where it again penetrates internally to follow the throat up to the root of the tongue, under which it spreads its Qi and Blood. An internal branch leaves the Stomach, passes upward through the diaphragm, and enters into the Heart, where it connects with the Heart Meridian.

THE MOVEMENT:
Bring the hands above the head, touching the thumb and index fingers to one another, forming the shape of a diamond, keeping the shoulders relaxed and down. Gazing to the heavens through this diamond (focusing on one spot through the fingers), keep the knees stationary and twist the upper torso to the left, rotate back to the center, and then twist to the right. Slowly continue this rotation back and forth, rolling the tip of the tongue to the bottom of the mouth.

SP21

SP1