

Week 9: Lung Cleansing Exercise

YIN ORGAN: LUNG

YANG ORGAN: LARGE INTESTINE

COLOR: WHITE

DIRECTION: WEST

The metal element relates to our immune system, including the lymphatic system, lungs, large intestine, colon, and skin. Metal has a shielding affect, as we need a strong energetic field (called Wei Qi) to fend off physical intrusions. The system is most active 3 – 7 AM (Lung 3 – 5 AM; Large Intestine 5 – 7 AM). The lungs are said to house the corporeal soul, which is the aspect of physicality that dissolves with the body at the time of death and returns to the Earth. The lungs express the negative emotions of grief and sadness, and, when balanced, the positive virtue of courage.

LUNG MERIDIAN:

This meridian starts in the region of the solar plexus (middle burner), moves down to connect with the large intestine, then rises back up through the diaphragm to the lungs. It continues up to the middle of each side of the collarbone at point Zhongfu (LU1), then goes out to each arm, passing in front of the bicep muscle, the center area of the elbow crease, the wrist to the thumb pad. Then it ends at the outer side of the base of the thumbnail (Shaoshang, LU11).

THE MOVEMENT:

From the Wu Ji posture, allow for the arms to float in front of the body, as though you were gathering something. While inhaling, open the arms, pressing back with the palms, and allowing for the chest to open. As you exhale, bring both arms back to the center of your body, allowing space in the upper back between the shoulder blades. The hands do not go higher than the shoulders. The eyes gaze forward and the hands do not touch. The tongue rests in between the teeth of the upper and lower jaw.

