

LUNG &



LARGE INTESTINE

Metal Element

Explore

- Location & Key Points
- Functions
- Meridian Line Palpation
- Correspondences & Review
- Technique Sequence (Demonstration)
- Student Exchange

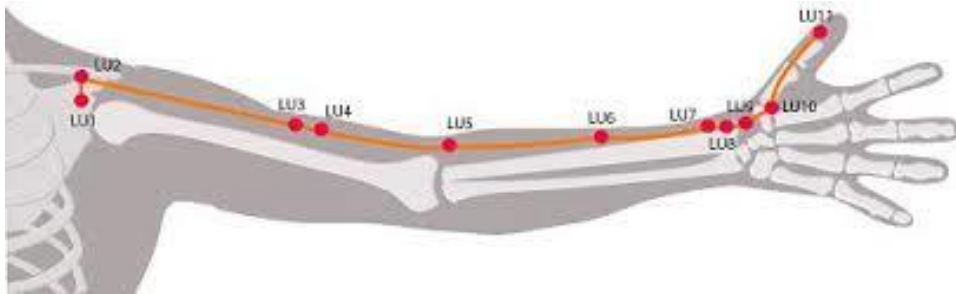
Lung

**I breathe in
the pure
energy of
the
universe....**

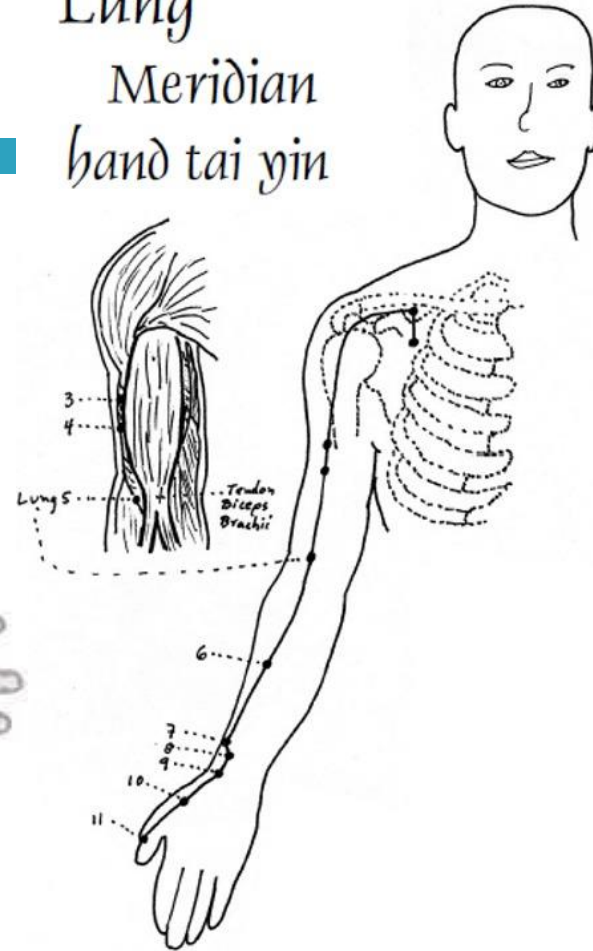


11 Points

YIN
Metal



Lung
Meridian
hand tai yin



Key points

1. LU-1 Central Treasury
2. LU-9 Great Abyss
3. LU-11 Little Merchant

LU-1 Central Treasury

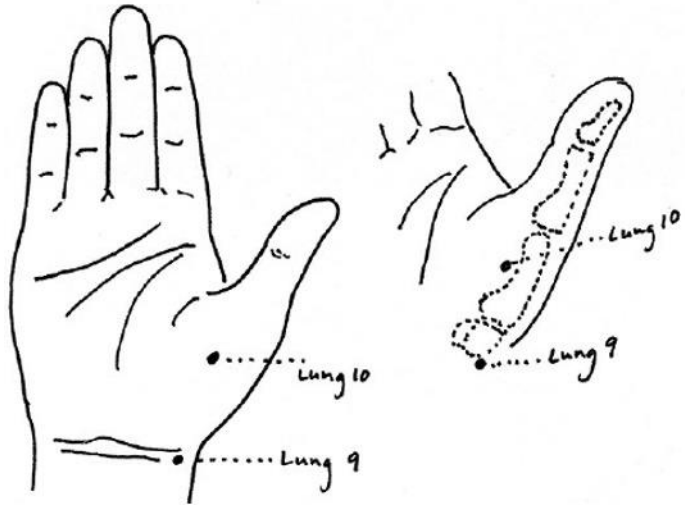
Key
Point



.... 1 unit inferior the center of the infraclavicular fossa and 6 units lateral the center of the sternum (CV)

Lung Alarm point; very helpful for opening and relaxing the pectoral region of the chest; coughs (all kinds); assessing the vitality of the Lungs

LU-9 Great Abyss



.... thumb side of the transverse wrist crease; radial side of the radial artery

Lung Source point; use for all Lung issues; helps to relax and open the chest; Letting Go



LU-1 1 Little Merchant

.... 0.1 units from the medial corner of the thumbnail

Energy Exchange; asthma and other lung disharmonies; useful in emergencies for reviving consciousness



Explore

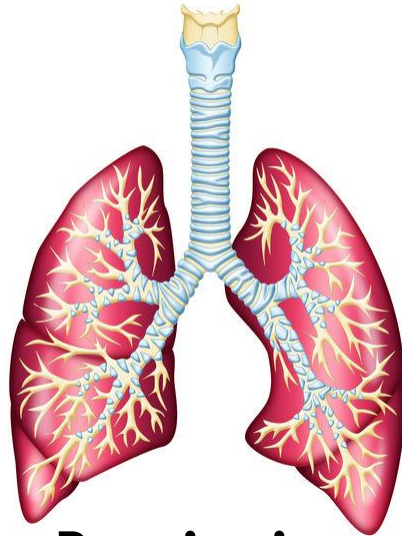
- ✓ **Location & Key Points**
 - ✓ **Lung**
- **Up Next: Lung Functions**
- **Meridian Line Palpation**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

The Essence of Lung

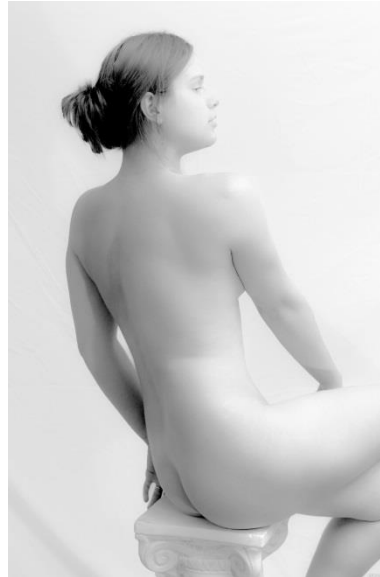
- Intake of Chi
- Exchange with Environment
- Boundaries and Borders
- Oneness with all that is vs
maintenance of personal space

Physical

Sinus, Nasal
functions



Respiration



Skin

Semi-permeability
of body envelope:
letting necessary in,
unnecessary out.

Psychological Emotional



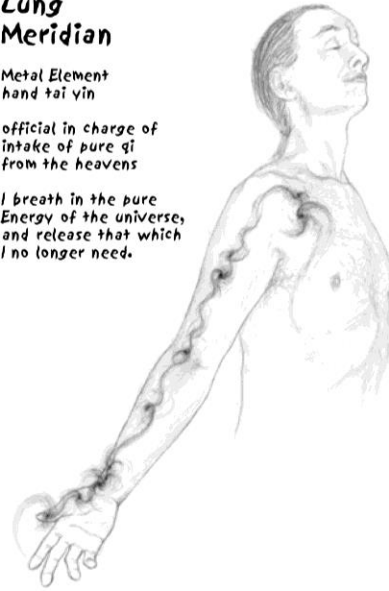
Boundaries Borders

Lung Meridian

Metal Element
hand tai yin

official in charge of
intake of pure qi
from the heavens

I breath in the pure
Energy of the universe,
and release that which
I no longer need.



Meridian Expressions ©2005 Matthew Sweigart

Gesture & Palpation

Explore

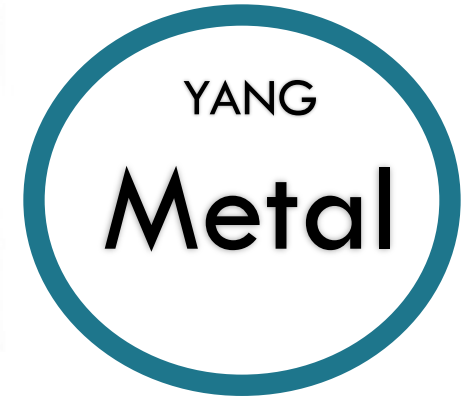
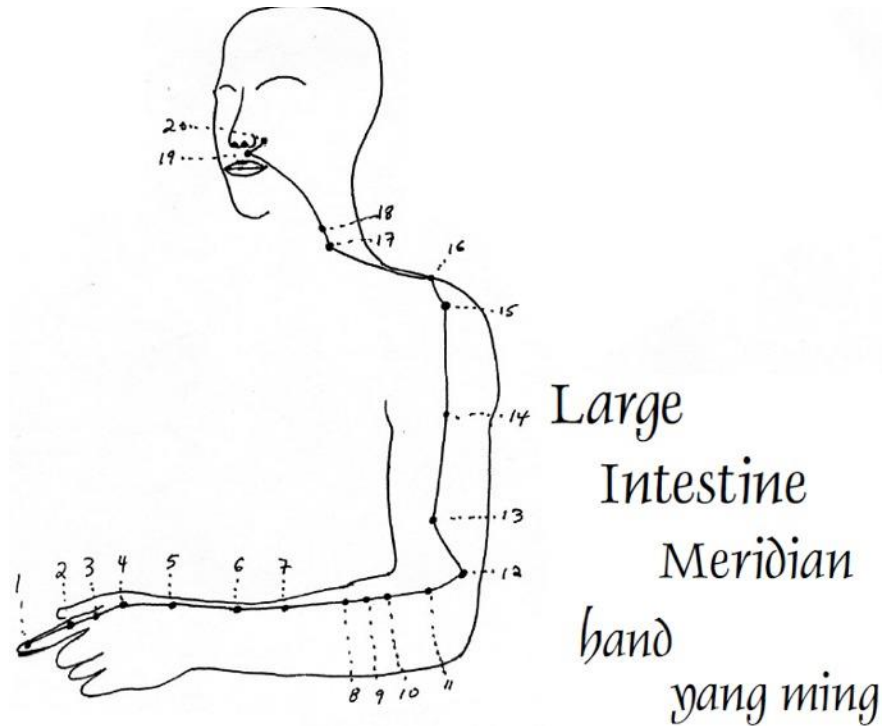
- ✓ **Location & Key Points**
 - ✓ **Lung**
- ✓ **Lung Functions & Palpation**
- **Up Next: Large Intestine**
- **Correspondences & Review**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

Large Intestine

**I gracefully
let go of that
which I don't
need.**



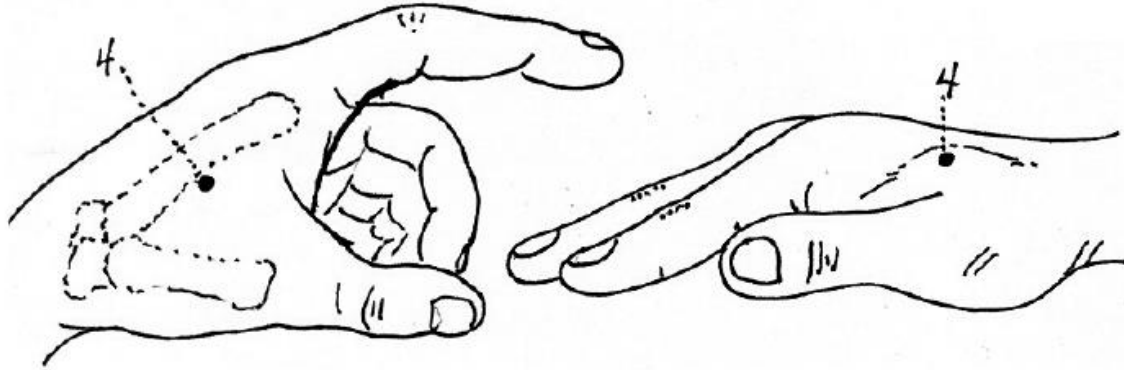
20 Points



Key points

- 1. LI – 4 Meeting Valleys**
- 2. LI – 10 Arm 3 Miles**
- 3. LI – 20 Welcome Fragrance**

LI-4 Meeting Valleys



.... between the 1st and 2nd metacarpal bones in the middle of the 2nd metacarpal

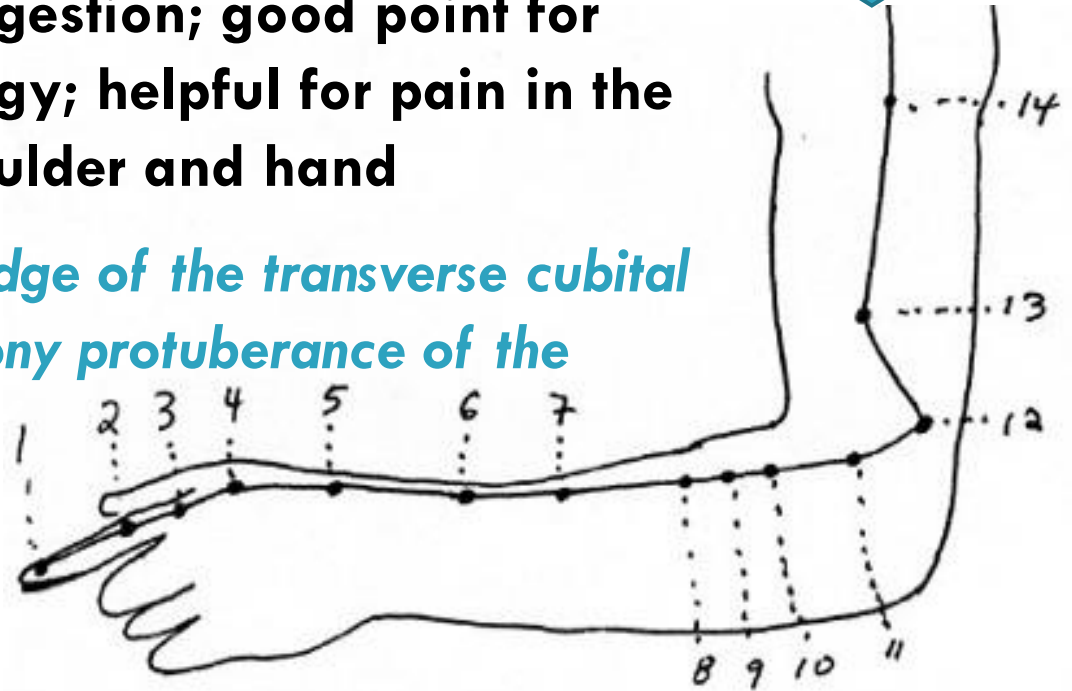
Large Intestine Source point; Elimination, Well Being; exterior conditions; regulates the pores – promotes or restrains sweating; strongly brings the energy downward in the body – headaches, constipation, starts and/or strengthens labor; eases pain

LI-10 Arm 3 Miles

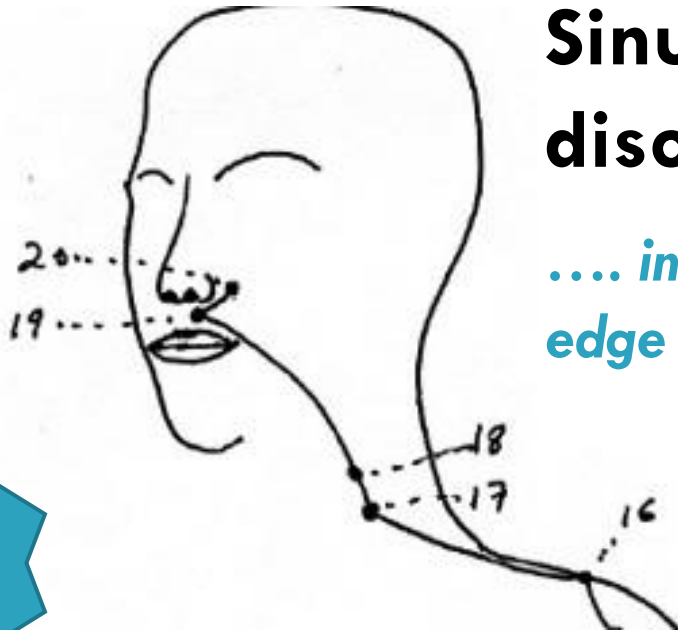


Keeping Your Grip; aids digestion; good point for increasing the bodies energy; helpful for pain in the elbow, forearm, wrist, shoulder and hand

.... 2 units distal the lateral edge of the transverse cubital crease, 3 units distal to the bony protuberance of the epicondyle



LI-20 Welcome Fragrance



Sinus Congestion; Skin disorders of the face

.... in the depression where the lateral edge of the nostril meets the cheek

**Key
Point**

Explore

- ✓ **Location & Key Points**
 - ✓ **Large Intestine**
- **Up Next: Large Intestine Functions**
- **Meridian Line Palpation**
- **Technique Sequence (Demonstration)**
- **Student Exchange**

The Essence of Large Intestine

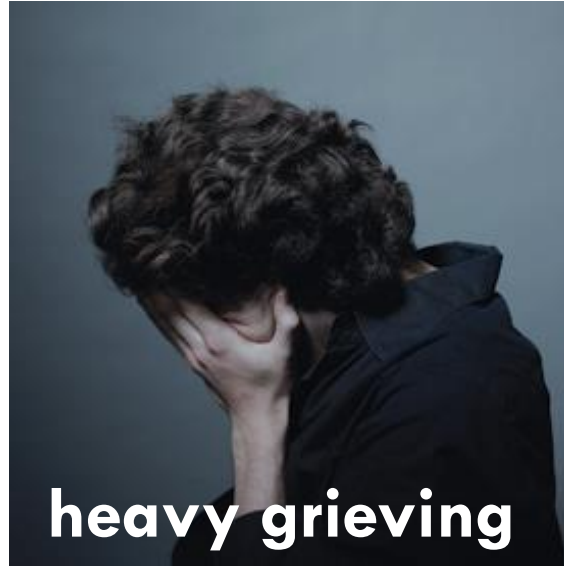
- Elimination
- Materials Exchange
- Release and Acceptance
- Letting go, Letting God

Physical



**Digestive “transformation” and
“transportation”**

Psychological Emotional



Large Intestine Meridian

Metal Element
hand yang ming

official in charge of
dust bin collection

*I let go of that which is
of no use to me, happily
and gracefully.*



Meridian Expressions ©2015 Matthew Swigart

Gesture & Palpation

Explore

- ✓ **Location & Key Points**
- ✓ **Functions**
- ✓ **Meridian Line Palpations**
- **Up Next: Correspondences & Review**
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Correspondences



METAL

Yang

Large Intestine
5-7am



autumn



White



YIN

LUNG – 3-5 am

Which Meridian?



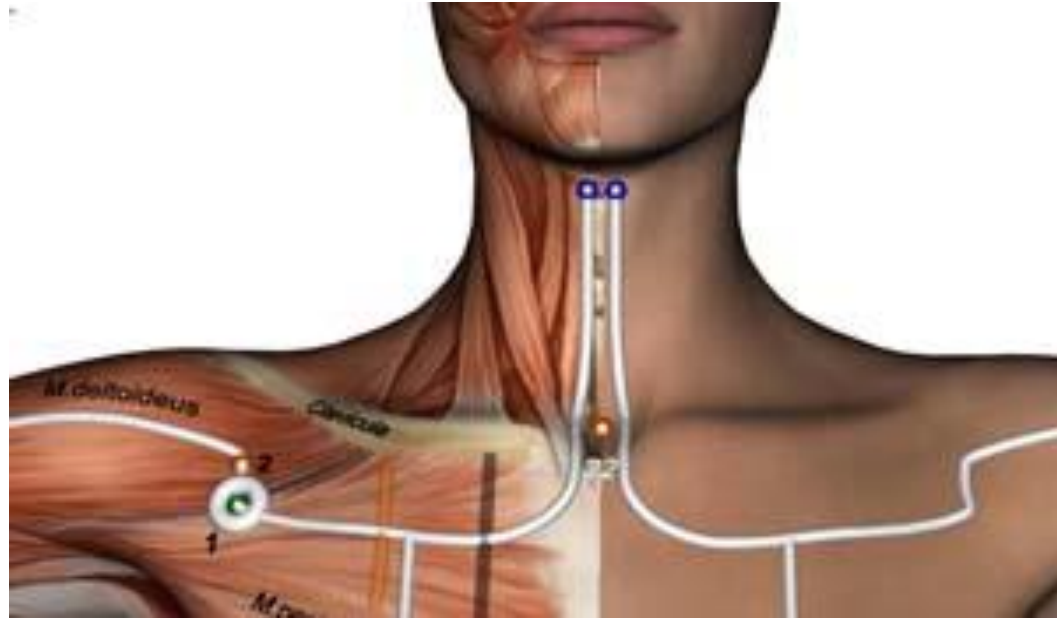
Which Meridian?



Which Meridian?



Which Meridian?



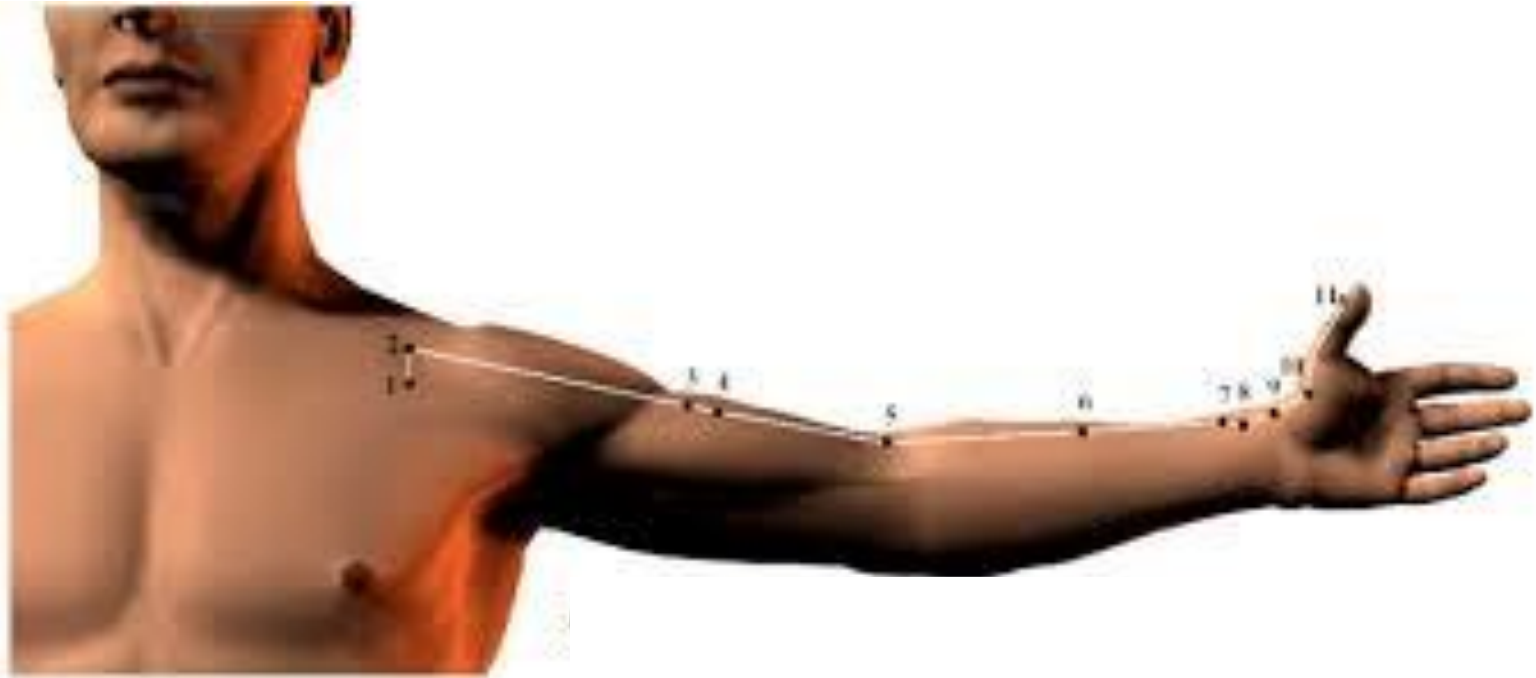
Which Meridian?



Which Meridian?



Which Meridian?



Bodywork!

Demonstration & Student Exchange