

March 2011 Liver

Spring is almost sprung here in Michigan where we experience all of the seasons. No matter where you are the climatic conditions are changing with the new season. Spring is the Wood Element and is the season of the Liver and Gall Bladder. Wood is a very volatile element. With spring comes the budding of all that was being stored and dormant during the winter. New beginnings, new dynamic energy bursting up towards the heavens. It is important during this time to stay rooted with your feet deep into the earth or your energy will fly away and be scattered. Practice the Dan Tien breathing that I talked about in the winter under the Kidney energy. The Kidney is the Water Element and as mother nurtures Wood. Since the Kidney energy is stored in the lower Dan Tien, focusing there will help you stay centered and grounded during the wonderful uplifting energy of Spring. The Liver Qi is the transportation minister and is responsible for the smooth flow of everything whether blood, Qi, lymphatics, emotions, etc.. Movement as in light exercise is important. Cleaning your internal and external environment is important so as to be able to start anew. Since the stuckness or stagnation of Qi and Blood causes pain and malfunction it is a good time to get out of ruts and let things go. The emotion of the Liver is anger. Holding onto this will be detrimental. Experience it and then let it go. Actually it is detrimental to be stuck in any of the emotions. We experience life and enter act with life through our emotions. It is healthy to be able to experience all of the emotions when they are called for in our lives but we must be resilient enough to bounce back to enthusiasm about life. If we get chronically stuck in any emotion it will eventually have a damaging effect upon the organ system that it represents. As I said earlier, anything stuck will involve the Liver energy and when wood gets stuck we are in trouble on several fronts. Liver energy raising can cause headaches, migraines, stroke, glaucoma, stiff neck and shoulders, and vision problems. Since Liver controls ligaments and tendons you can experience stiff and painful joints. PMS is a common problem involving the stagnation of the Liver Qi. We haven't even started with the digestive and detox. functions of the Liver that are more commonly known. So, as you can gather we need to promote healthy liver energy. There is much much more but this is not a book. So if you are interested in more info. there is a plethora of information on the web.

March 2011 Enhancing Liver Qi

It is easy to activate the Liver Qi. While standing if you will bend sideways with your arm over your head to stretch the side of your body you are stretching the Gall Bladder meridian. If you stretch the inside of you leg as in a groin stretch you are stretching the liver meridian. Now stand with a comfortable wide stance and swing your arms from side to side as you twist your torso. Let the arms go limp like a rag doll. As you swing from one side to the other look over the shoulder that is twisting backward. This is great for moving Qi in the torso and flanks which relates to the Liver Qi. This is also a wonderful exercise to loosen the spine. Adding a little fresh lemon to pure water stimulates the Liver energy. A little sour is good, too much is not. As always moderation is best. Choline is a B vitamin and is wonderful for the Liver organ. It softens and nurtures the liver and helps one to produce nice fresh thin bile. You can get Choline in the form of lecithin granules at the health food store and garnish soups, salads, sandwiches or just about anything with it. You must keep it refrigerated or it will spoil. The Liver is located just under the ribs on the right side of the body. If you will put yours hands on top of each other with the palms lined up and place them over the liver you can do a Qi massage. Just imagine that your palms are inside of the liver and massaging all of the little nooks and crannies as you perceive it to be. If while doing this you will get a gentle loving smile on your face and love the liver it will respond in like manner. This is called the secrete of the inner smile. Give it a try on any organ or body part. After all they are your body parts and work very hard to keep you healthy and get very little thanks or recognition. Sound is of course vibration. All tissues are benefited by certain sounds or vibrations. The sound of the Liver is

Shuuuuuuuuuuuu. Take in a big breathe and as you exhale make the sound Shuuuuuuuuuuuu. As you do feel the pressure build in the abdomen especially on the right side where the liver is. As you finish let the sound trail off as the pressure is released. You can do this as frequently as you want. It is a healing sound for the Liver. Eat plenty of fresh veggies. Green is the color of the Liver or Wood element. Chicken or fowl is the meat of the Liver and as I said sour is the taste.

