

SIX HEALING BREATHS

Element	Organ (Meridian)	Stance	Eyes	Breath	Yang Nature	Yin Nature	Illness
Wood Green	Liver – Gall bladder Eyes Tendons <i>Thumb</i>	öö Feet together, arms relaxed.	Close – Inhale Open- Exhale	HSU (Shoe)	Kind Mercy Unselfish	Rude Stubborn	Eyesight Phlegm
Fire Red	Heart-small intestine Tongue Vessels <i>Middle finger</i>	ö ö Stance shoulder width, arms open up along side upward	Follow arms	HE (Her)	Trust Complacent Open- minded	Doubt Greed Confused	Fever Bad breath
Earth Yellow	Stomach- Spleen Mouth Muscles <i>Ring finger</i>	ö ö Stance shoulder width, arms relaxed	Close all the way	HU (Who)	Forgiving Sincere Compromise	Suspicious Self-centered	Slow metabolism Indigestion
Metal White	Lungs-large intestine Nose Skin <i>Index finger</i>	ö ö Stance shoulder width, hands at sternum	Tip of nose	SZ (ss)	Generous Bright Just	Jealous Cunning	Dermatitis Abscess Constipation
Water Black	Kidneys- Urinary Bladder Ears Bones <i>Little finger</i>	öö Feet together sit low, hands gently clasp fingers under knees	Look Ahead	CHIU (Chway)	Peaceful Tender Wise	Arrogant Ignorant Troubled	Chills Ear ache
Triple Warmer	Esophagus Stomach Urethra	ö ö Stance shoulder width, arms relaxed	Closed	HSI (She)			Poor circulation