

ORGAN FUNCTION ENERGY FLOWS

SMALL INTESTINE FUNCTION ENERGY

- Hold the left SEL 11 (Unloading Burdens of Past and Future) with the left hand and the right SEL 13 (Unconditional Love) with the right hand, and then vice versa, holding the left SEL 13 with the left hand and the right SEL 11 with the right hand.
- Or hold little fingers
- To help with pretense/too much trying to/overstimulation and discernment/sorts nutrients and helps heart and physical constitution/shoulder, arm and elbow pain/ear, nose, throat, colds, allergies/digestive, heartburn, diarrhea and intestinal ailments

DIAPHRAGM FUNCTION ENERGY

- Hold the left SEL 14 (Equilibrium, Sustenance) with the right hand and the right SEL 19 (Perfect Balance) with the left hand. Reverse for other side, holding the left SEL 19 with the right hand and the right SEL 14 with the left hand.
- Or place fingers in palms of hands/prayer pose.
- To help in protecting everything above the waist- all other organs/heart problems, rapid pulse, cholesterol, hot flashes, diabetes mellitus/night shift workers, insomnia

LIVER FUNCTION ENERGY

- Hold the left SEL 4 (Window admitting Knowledge and Consciousness) with your left hand, and the right SEL 22 (Complete Adaptation and Acceptance) with the right hand, and then reverse, holding the left SEL 22 with the left hand and the right SEL 4 with the right hand.
- Or hold your middle fingers.
- Important for free flow of fluids and emotions/detoxifies the body/fosters creative development, intuition, dreams, visions/frustration, anger, boredom, depression/spine, joints, hip pain/migraines, eye projects, nausea/thyroid, gout/ PMS, heavy menstruation/ digestion/ dizziness

GALLBLADDER FUNCTION ENERGY

Two Steps:

- First: Hold the left SEL 12 (Not my will but Thy Will) with the left hand and the right SEL 20 (Eternity Everlasting) with the right hand, and then the left SEL 20 with the left hand and the right SEL 12 with the right hand.
- Second: Hold the left SEL 12 with the left hand and the coccyx with the right hand. Then hold the right SEL 12 with the right hand and the coccyx with the left hand.
- Or hold middle fingers.
- Inspires new ideas, releasing deadlocked feelings/making decisions/frustration, depression, anger, aggression/bossy, spiteful, stubborn behavior/lateral headaches, migraines, neck stiffness/lower back herniated discs, hip joint, lumbago, sciatic nerve pain, outer ankle pain/ digestion, flatulence/ nausea, gallstones