

Kimberly Burnham, PhD (Integrative Medicine)

Receipt Date: _____

\$_____ received from _____ for manual therapy treatment by Kimberly Burnham, PhD (Integrative Medicine), Integrative Manual Therapy, Certified.)

Color Meditations, Chinese Medicine (TCM), the Clock and Emotions

Wood Element: 1.1 Gallbladder: Yellow Green Wood 11 pm - 1 am; Anger, Frustration, From rage and wrath to compassion, growth, and vitality.

Wood Element: 1.2 Liver Meridian: Deep Green Wood; 1 am - 3 am; Anger, Frustration, From anger and unhappiness to compassion, growth and vitality.

Metal Element: 2.1 Lung Meridian: White, Light Grey Metal; 3 am - 5 am; Grief, Intolerance, Sadness, From grief and intolerance to justice and clarity. Clarity & Precision Lung 1

Metal Element: 2.2 Large Intestine Meridian: Off-White Metal; 5 am - 7 am; Grief, Intolerance, Sadness, From grief and intolerance to justice and clarity. Clarity & Precision, Large Intestine 4

Earth Element: 3.1 Stomach Meridian: Yellow / Orange Earth; 7 am - 9 am; Worry, Anxiety, From disgust and greed to faith, nourishment, and stability. Stomach 36

Earth Element: 3.2 Spleen Meridian: Yellow / Orange Earth; 9 am - 11 am; Worry, Anxiety, From worry, disappointment, and anxiety about the future to faith, nourishment, and stability.

Fire Element: 4.1 Heart Meridian: Red Fire; 11 am - 1 pm; Joy, Mania, Overjoy, From hate, mania, and anger to joy, propriety, courtesy, passion, and high energy Emotional health linked to the brightness of the eyes; imbalances affect clarity and expression; The Heart influences emotional expression through the eyes. Bright, clear eyes can reflect a balanced Heart, while dull eyes may indicate emotional distress.

Fire Element: 4.2 Small Intestine Meridian: Pinkish Red Fire; 1 - 3 pm; Joy, Mania, Overjoy, From insecurity and sadness to joy, propriety, courtesy, passion, and high energy.

Water Element: 5.1 Bladder Meridian: Deep Blue Black Water; 3 pm - 5 pm; Fear, Indecision, Transformation: From fright, impatience, and restlessness to wisdom, ease, and abundance.

Water Element: 5.2 Kidney Meridian: Blue Black Water; 5 pm - 7 pm; Fear, Indecision, From fear and indecision to wisdom.

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Fire Element: 6.1 Pericardium Meridian: Purple Red Fire; 7-9 pm; Hurt/Extreme Joy, From hurt, extreme joy, jealousy, regret to joy, propriety, courtesy, passion, and high energy.

Fire Element: 6.1 Triple Warmer (endocrine and temperature regulation) Meridian: Orange Red Fire; 9-11 pm; Hurt/Extreme Joy, Transformation: From hopelessness, depression, and despair to joy, propriety, courtesy, passion, and high energy.

Exercises:

These can be used to do color visualizations to help support the organs and systems.

Another way to support the organ is to hold or meditate on something made of the element (ie) a metal spoon, standing by a waterfall, meditating with a candle burning, etc.

The times are when the energy is most active in that meridian. If you have trouble falling asleep between 11 pm and 1 am try putting one hand over the gallbladder (right lower ribcage and the other hand over the heart) or if you always wake up around 3 am, put one hand over the liver and the other over the lungs. That should help you fall asleep.

These visualizations can also help to better deal with emotions.

Bladder Meridian and Spine Correlations

T3	BL13	Lung
T4	BL14	Pericardium
T5	BL15	Heart
T9	BL18	Liver
T10	BL19	Gallbladder
T11	BL20	Spleen
T12	BL21	Stomach
L1	BL22	Sanjiao
L2	BL23	Kidney
L4	BL25	Large Intestine
S1	BL27	Small Intestine
S2	BL28	Bladder

Correlations between the thoracic, lumbar and sacral spine, bladder meridian, organs and acupuncture meridians.

Treatment Ideas: The three components form a kind of triangle. If you treat the acupuncture point with acupuncture, acupressure, sound, aromatherapy etc. then the organ and the vertebral level improves. If you work on the spinal mobility and integrity then energy and Qi flows through the acupuncture point better and improves the organ. If you do visceral manipulation or mobilization to the organ then vertebral function and acupuncture meridian flow improves as well.

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