Lung: Intake of Ki. Healthy awareness of what is truly valuable and never lost.

Lung Healthy Functions to Amplify if present in a Resonant Pair

Deep and Full Breathing
Invigorate the Qi of the Upper Burner / Chest
Healthy Lungs: Stimulate clearing of phlegm, inflammation or other issues in the anatomic lung
Healthy Exterior: Nourish the skin, sweat appropriately
Strong immunity and ability to handle environmental irritants
Aerobic capacity, able to exert self and feel the healthy rush from good exertion
Establish and acknowledge a sense of self-worth
Connect to one’s own inner sense of what is truly valuable
Inspiration in the spiritual sense - having inspiration and inspiring others
Invigorate the physical meridian pathways (internal and external), which could include: in the arm, chest (interior and exterior), any of the muscles of respiration, or the Masunaga extension in the chest, sacrum, leg and foot

Digestion & Elimination: Through breathing, build Qi and Yang to have enough digestive muscle movement & warmth.
Through diaphragm movement, massage and relax the digestive and eliminatory organs
Breathing: Empower all the healthy chest/inspiration functions listed above
Sleep: Invigorate the chest & heart, relieve depression and give the body a pleasant buzz.
Menstruation: Relax muscles through deep breathing, circulate Blood & massage the liver organ through deep breathing

General Metal Healthy Functions
Find the value in what truly is happening, rather than in what our mind wishes was happening
Empowers clearly articulated rules and systems (rooted in self-esteem) for the purpose of maintaining boundaries

Lung Kyo pathology: Difficulty taking in Ki, sluggish circulation of Ki, not in touch with inner self-worth
Fatigue, especially in upper body (Lung circulates Ki and is underperforming)
Frequent colds/flu (Lung provides Wei Ki and is underperforming)
Tendency to feel overwhelmed by new things (difficulty taking in new energy)
Unenthusiastic or negative attitude (reluctance in taking in new energy)
Melancholy personality or actively grieving
Lacks an internal sense of self-esteem
Can’t find the value in their experience or situation
Feels they have lost something essential that can never be regained
Physical pain or tension in the physical meridian pathways (internal and external), which could include: in the arm, chest, any of the muscles of respiration, or the Masunaga extension in the chest, sacrum, leg and foot

Lung Jitsu pathology: Struggling to take in Ki, obsessed with having that which is valued
Nasal and chest congestion (a full condition of phlegm/damp in the Lung)
Asthma (lungs working hard, Kidneys failing to anchor)
Coughing pain in chest (full condition of lungs)
Defensiveness/selfishness (working hard to take in ki promotes a feeling of scarcity)
Constantly pursuing that which they value, yet feel unfulfilled
Feel that they can’t be internally satisfied until they acquire some valuable goal they have set for themselves
Physical pain or tension in the physical meridian pathways (internal and external), which could include: in the arm, chest, any of the muscles of respiration, or the Masunaga extension in the chest, sacrum, leg and foot
Large Intestine: Letting Go. Connection to value in external environment.

Large Intestine Healthy Functions to Amplify if present in a Resonant Pair
Smooth intestinal movement
Empower discharge, finish a discharge process through upper respiratory system, skin or bowel
Be willing to let out thoughts and communication, even if it reveals that you’re not perfect
Invigorate the abdomen
Invigorate the low back (especially around LI back diagnostic areas)
Have a balanced relationship with perfectionism
Identify and connect to what is truly valuable in the external world
Be willing to let go of people/situations/behaviors/things
Invigorate the physical meridian pathways (internal and external), which could include: anterior arm, anterior shoulder, inner joint space of shoulder, anterior neck muscles (SCM/scalenes), jaw/teeth/sinuses/face, the actual large intestines and masunaga extension: side of torso, back of leg, foot

Digestion/Elimination: By empowering elimination, prevent stuck food or muscle tension in GI tract
Breathing: Clear the upper airways and sinuses
Sleep: Clear the airways, sinuses and eliminatory pathways for restful sleep
Menstruation: Give healthy flow to the abdomen, help relax abdominal/intestinal tension so that uterine movement is unobstructed

General Metal Healthy Functions
Find the value in what truly is happening, rather than in what our mind wishes was happening
Empowers clearly articulated rules and systems (rooted in self-esteem) for the purpose of maintaining boundaries

Large Intestine Kyo pathology: Reluctance to let go, can’t find value externally
Loose stools w/ dull pain in abdomen and cold limbs (cold in large intestines from Spleen Yang deficiency)
Constipation/dry stools (lack of fluids from general yin/blood deficiency)
“I want to leave, but…” syndrome. (reluctance to leave the unwanted life structures)
Alienation, dissatisfaction, lack of friends to commiserate with.
Unable to find the value in the world around them
Does not feel valued externally (I’m worthless and external situations prove it)
Pain or lack of movement in the physical meridian pathways (internal and external), which could include: anterior arm, anterior shoulder, inner joint space of shoulder, anterior neck muscles (SCM/scalenes), jaw/teeth/sinuses/face, the actual large intestines, and masunaga extension: side of torso, back of leg, foot

Large Intestine Jitsu pathology: Struggling to let go
Burning anus w/ dry constipation or damp diarrhea. (heat condition in intestines, either dry or damp) (damp-heat)
Swelling or pain in the low abdomen (a full state of dampness in the large intestine)
Remorse and related depression
Perfectionism
Worry which cannot be released
Always struggling to be valued by others, quick to note if others seem to undervalue them, quick to cut relations
Always able to identify and dwell on the fatal flaw in another person, or in themselves
Pain or lack of movement in the physical meridian pathways (internal and external), which could include: anterior arm, anterior shoulder, inner joint space of shoulder, anterior neck muscles (SCM/scalenes), jaw/teeth/sinuses/face, the actual large intestines, and masunaga extension: side of torso, back of leg, foot
**Stomach: Appetite. Connects healthily to external sources of nourishment.**

**Stomach Healthy Functions to Amplify if present in Resonant Pair**
- Balanced appetite: not too much, not too little
- Empowers regular eating habits, regular meal times, adequate chewing
- Harmonious downward movement of digestive energy
- Empowers acceptance
- Able to connect to sources of nourishment in external environment
- Able to embrace life with the enthusiasm of eating a delicious meal
- Able to ask for and give help in a balanced way
- Empowers muscle endurance in whole body, posture and muscle tone in the front of the body
- Invigorate the physical meridian pathways (internal and external), which include: face, jaw, anterior neck, chest, breast, abdominal muscles, actual stomach organ, esophagus, anterior yang leg muscles, front of ankle, top of foot, and Masunaga extension in neck/arms/hands.

**Digestion/Elimination:** Activate healthy downward movement of the GI tract muscles from mouth to anus

**Breathing:** Empower downward movement in the chest in cases of asthma. Empower a healthy position of the stomach organ so as not to interfere with diaphragm movement

**Sleep:** Empower the ability to connect to nourishment and closing inwardly at the end of the day

**Menstruation:** Empower harmonious timing of cycles, including the menstrual cycle

*The following are general Earth healthy functions*
- Harmonious digestion
- Ample strength and endurance to the four limbs
- Able to live a life of integrity: words, actions and choices all line up with what is truly nourishing
- Healthy balance between nurturing self and nurturing others. Healthy responses to needs of self and others.

**Stomach Kyo pathology: Uneasy/Dull Sensations, Weakness of limbs, Low appetite for nourishment**
- Nausea, fatigue in AM during stomach time, lack of appetite (Stomach Ki Deficiency)
- Vomiting of clear fluid, cold limbs (Stomach Ki Deficiency with Cold)
- Lack of appetite, dull pain in epigastrum, heat signs (Stomach Yin Deficiency)
- Apathetic disposition
- Not connected to or not pursuing what truly nourishes them in external environment
- Pain or lack of movement in the physical meridian pathways (internal and external), which include: face, jaw, anterior neck, chest, breast, abdominal muscles, actual stomach organ, esophagus, anterior yang leg muscles, front of ankle, top of foot, and Masunaga extension in neck/arms/hands.

**Stomach Jitsu pathology: Big Appetite, Need to Please**
- Stagnant food in the stomach (fullness of stomach, bad breath, lack of appetite)
- Stomach Heat (thirst for cold drinks, hunger, burning pain in stomach)
- Rebellious Stomach Ki (hiccuping, belching, vomiting, acid reflux)
- Stiffness of Stomach channel
- Overthinker, overuses the brain
- Somewhat manic disposition
- Perhaps very achievement or acquisition-oriented
- Tends to put on a strong face and assist others to avoid seeming needy
- Pain or lack of movement in the physical meridian pathways (internal and external), which include: face, jaw, anterior neck, chest, breast, abdominal muscles, actual stomach organ, esophagus, anterior yang leg muscles, front of ankle, top of foot, and Masunaga extension in neck/arms/hands.
**Spleen: Digestive Secretions, Transforming and Transporting Nourishment. Aware of what is nourishing.**

**Spleen Healthy Functions to Amplify if present in Resonant Pair**
Promotes healthy digestive secretions: adequate digestive enzymes, adequate insulin production
Empowers production of Blood: build uterine lining, build physical mass and bulk, gain healthy weight
Empowers transformation of fluids
Activates absorptive capacity of GI tract
Promotes awareness of what is truly nourishing for self (ability to answer question “what nourishes you”?)
Allows for actual absorption of spiritual nourishment. When you get what is nourishing in life, can you actually take it in and feel nourished by it rather than feel it is “never enough”?
Develops internal sense of “center”, a sense that everything is ok even in its imperfection
Invigorate the physical meridian pathways (internal and external), which include: arches of feet, leg pathway, abdomen, breast tissue, rib spaces, spleen organ, pancreas organ

**Digestion/Elimination:** Provides adequate warmth to transform stomach contents and adequate warmth to absorb water in the intestines and prevent loose stools

**Breathing:** Provide a healthy flow of energy to the abdominal center, empowering deep breathing.

**Sleep:** Empower the ability to connect to nourishment and closing inwardly at the end of the day

**Menstruation:** Empower harmonious timing of cycles, including the menstrual cycle

*The following are general Earth healthy functions*

Harmonious digestion
Ample strength and endurance to the four limbs
Able to live a life of integrity: words, actions and choices all line up with what is truly nourishing
Healthy balance between nurturing self and nurturing others. Healthy responses to needs of self and others.

**Spleen Kyo: Weak digestion, lacks internal source of self-nourishment**

Poor digestion, Spleen Qi Deficiency (loose/watery stools, undigested food bits)
Heavy, tired limbs (Spleen sends energy to the four limbs)
Cold hands and feet (Spleen Qi Deficiency)
Foggy thinking/poor concentration (Dampness impairing the spleen function)
Lack of saliva / lack of taste (lack of digestive secretions)
Worry (repetitive mental thinking and ruminating about something without productive resolution)
Craves sympathy/understanding (tends not to have internal source of self-nourishment)
Pain or lack of movement in the physical meridian pathways (internal and external), which include: arches of feet, leg pathway, abdomen, breast tissue, rib spaces, spleen organ, pancreas organ

**Spleen Jitsu: Rewards-oriented, nourishment-seeking**

Overthinking/Worrier (repetitive mental thinking and ruminating about something)
Obsessive/Compulsive
Stiff/tight flesh and muscles
Dampness obstructing organ function (phlegmy lungs, mucousy intestines, bloated abdomen)
Pain or lack of movement in the physical meridian pathways (internal and external), which include: arches of feet, leg pathway, abdomen, breast tissue, rib spaces, spleen organ, pancreas organ

Healthy Functions to Amplify if Heart is present in a resonant pair
Calm Abiding, not anxious or overwhelmed by emotion (how calm and content are they despite the tribulations of life?)
Restful Sleep
Ability to identify that which gives them joy
Healthy electrical functioning of the heart organ
Invigorate the physical meridian pathways (internal and external) through armpit, arm, palm, finger, heart organ
Invigorate the physical meridian pathways through Masunaga extensions: tongue root, chest, posterior leg, heel
Digestion/Elimination: Provides Yang through circulation, supporting Spleen functions of adequate warmth to transform stomach contents and adequate warmth to absorb water in the intestines and prevent loose stools
Breathing: Balances the emotions and provides “calm abiding”, which relieves tense breathing patterns
Sleep: Provides “calm abiding” which provides restful sleep
Menstruation: Assists Liver with the circulation of Blood
- general fire element healthy functions -
Ability to be 100% present in the moment and with other people
Ability to experience intimacy and be ok with vulnerability

Heart Kyo: Struggles with lack of identity, difficulty identifying source of joy
Social anxiety, sweats when nervous, especially in Ht 1
Speech difficulties, difficulty finding words or getting out ideas (speech is a power of the heart)
Poor circulation
Palpitations (Heart Qi, Yin or Yang deficiency)
Electrical problems of heart such as atrial fibrillation, heart block.
Nervous, quiet laughter
Not aware of what gives them joy, under-emotional
Pain or lack of movement in the physical meridian pathways (internal and external), which include: armpit, arm, palm, finger, tongue root, chest, posterior leg, heel, heart organ

Heart Jitsu: Sociable, Giddy, Manic, Emotionally Overwhelmed
Excessive, inappropriate laughter
Palpitations
Electrical problems of heart such as atrial fibrillation, heart block.
Nervousness/restlessness
Fully-red face and tongue (heat signs)
Tendency to sweat easily and everywhere
Emotional “live wire”, easily overwhelmed by their own emotions
Over-invested in seeking bliss, “following heart”
Pain or lack of movement in the physical meridian pathways (internal and external), which include: armpit, arm, palm, finger, tongue root, chest, posterior leg, heel, heart organ
Small Intestine: Assimilation of Food and Emotion. Listening & Communicating in a clear/satisfying way.

Healthy Functions to Amplify if Small Intestine is present in a resonant pair

- Being able to listen and communicate in intimate conversation a way that satisfies the heart spirit.
- Truly hear what is said, truly communicate what you mean
- Ability to process and integrate emotional experience (rather than being overwhelmed by or repressing emotion)
- Ability to integrate experience and frame it in a positive manner
- Healthy intestinal assimilation
- Healthy ear function / clear out ear inflammation

Invigorate the physical meridian pathways (internal and external) through palm, wrist, forearm, elbow, upper arm, shoulder/neck, especially levator scapula, sternocleidomastoid, face, small intestine organ

Invigorate the physical meridian pathways through Masunaga extensions: back, sacrum, inner thigh, distal aspect of heel

Digestion/Elimination: Duplicates the Spleen functions of adequate warmth to transform stomach contents and adequate warmth to absorb water in the intestines and prevent loose stools. The Spleen functions take place largely in the SI & can be influenced through either meridian.

Breathing: Balances the emotions and provides “calm abiding”, which relieves tense breathing patterns. Relieves digestive upset which can also benefit breathing.

Sleep: Like the Heart, Provides “calm abiding” which provides restful sleep

Menstruation: Invigorates the low abdomen and assists Liver with the circulation of Blood
- general fire element healthy functions -
- Ability to be 100% present in the moment and with other people. Ability to experience intimacy and be ok with vulnerability

Small Intestine Kyo: Flaccid midsection, weak digestive metabolism, poor communication

- Abdominal pain / desire for hot drinks (cold in Small Intestines developed from Spleen Yang deficiency)
- Borborygmi (gurgling in the abdomen)
- Shoulder Pain (channel obstruction)
- Poor circulation in hips (small intestine governs pelvic circulation)
- Diarrhea (looks like Spleen Qi deficiency; Small Intestine shares some of Spleen’s role in Zen Shiatsu)
- Lack of mental clarity, lack of clarity in communication, no words
- Lack of perseverance. Early promise, lack of follow-through (Small Intestine is paired with Bladder in Tai Yang division)
- Does not hear what is communicated. Does not communicate clearly.
- Pain or lack of movement through palm, wrist, forearm, elbow, upper arm, shoulder/neck, especially levator scapula, sternocleidomastoid, face, small intestine organ
- Pain or lack of movement through Masunaga extensions: back, sacrum, inner thigh, distal aspect of heel

Small Intestine Jitsu: Food sensitivities, hyper-alert to social cues, overanalyzes communication, always sifting and sorting

- Abdominal swelling / twisting pain in abdomen
- Borborygmi and flatulence
- Abdominal pains with signs of heat
- Deafness / ear infections (heat affecting Small Intestine channel)
- Very jitsu small intestine meridian feel, especially SI 9-12 on shoulder
- Possible emotional repression (Sifting out of “unacceptable” feelings)
- Food sensitivities, digestive sensitivity in small intestine
- Overly fine-tuned communication radar in intimate conversation. Sensitive to tiny social cues, always trying to figure out what someone “means” by what they are saying, suspicious of intimate communication due to past wounds.
- Pain or lack of movement through palm, wrist, forearm, elbow, upper arm, shoulder/neck, especially levator scapula, sternocleidomastoid, face, small intestine organ
- Pain or lack of movement through Masunaga extensions: back, sacrum, inner thigh, distal aspect of heel

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Bladder Healthy Functions to Amplify if present in a Resonant Pair
Healthy Nervous System Functioning in General
Ability to Relax Without Collapsing
Promote Health of Reproductive and Urinary Organs
Appropriate Sense of Motivation, Urgency, Wise Risk-Taking
Healthy Neck/Low Back Alignment
Invigorate the physical meridian pathways (internal and external) through eye, face, head, neck, back, sacrum, leg, foot, bladder organ
Invigorate the physical meridian pathways through Masunaga extensions: shoulders, arms, palms

Digestion/Elimination: Relaxes the nervous system & activates parasympathetic nervous system state, during which GI muscle movement and enzyme secretion increases.
Breathing: Relaxes the nervous system to provide deep, relaxed breathing and release chronic tension
Sleep: Relaxes the nervous system to improve quality of sleep
Menstruation: Relaxes the nervous system and thereby allows for smoother coordination of involuntary muscles

- the following are general Water Element healthy functions -
Promote Restful Sleep and Space to Relax
Acknowledge and Respond Wisely to Fears, Maintain Faith in the Unknown
Healthy, Relaxed, Supple Back/Hamstring/Calf Muscles

Bladder Kyo: Fatigue, Lack of Motivation, paralyzed by fear
Fatigue
Frequent, pale, copious urination (Bladder fails to transform fluids due to Kidney-Yang deficiency)
Incontinence (Bladder fails to control fluids, usually developed from Kidney-Yang deficiency)
Cold and achy lower back
Low motivation, tendency to sleep a lot
Collapses/shuts down in the face of fear/anxiety

Pain or lack of movement through eye, face, head, neck, back, sacrum, leg, foot, bladder organ
Pain or lack of movement through Masunaga extensions: shoulders, arms, palms


Frequent, urgent urination (Dampness or physical blockage obstructing flow of fluids in Bladder)
- physical blockage can be caused by prostate enlargement, or uterine imbalances
Burning urination / blood in urine (Urinary tract infection / Heat in Bladder)
Tightness in Bladder channel, particularly in legs
Urgent personality, sets lots of self-imposed deadlines
Paralyzing anxiety or fear, lots of front-of-mind fearful anxiety

Pain or lack of movement through eye, face, head, neck, back, sacrum, leg, foot, bladder organ
Pain or lack of movement through Masunaga extensions: shoulders, arms, palms

Kidney Healthy Functions to Amplify if present in a Resonant Pair
Healthy functioning of the endocrine glands (hormonal secretions from the adrenals and thyroid in particular)
Awareness of their own power and the resources available to them
Cultivating the wise use of resources, neither overdoing or overcautious
Willpower
A deep reserve of energy to infuse the whole body
Invigorate the physical meridian pathways (internal and external) through: plantar fascia, calf/hamstring/back, low abdomen, rib spaces, kidney organs and ureters
Invigorate the Masunaga extensions through: back, neck, subclavicular area, arms, palms
Digestion/Elimination: Provides fundamental Yang, supporting the Spleen functions of adequate warmth to transform stomach contents and adequate warmth to absorb water in the intestines and prevent loose stools.
Breathing: Kidney "anchors" the Qi of Heaven, allowing qi from the air to fully penetrate the whole body.
Sleep: Stimulates the body’s deepest impulses to rest, repair and regenerate
Menstruation: Supports deep relaxation and builds the Blood and Yin.
- the following are general Water Element healthy functions -
Healthy, Relaxed, Supple Back/Hamstring/Calf Muscles
Promote Restful Sleep and Space to Relax
Acknowledge and Respond Wisely to Fears, Maintain Faith in the Unknown

Kidney Kyo: Fatigue, Lack of Will, Feels Powerless
Fatigue (Kidneys are root of Yang)
Excessive urination (Kidneys giving up on recycling water)
Lower back ache (Kidneys warm and support the lower heater)
Weak sexual vitality (Kidney-yang supports sexual function)
Brittle/soft bones (Kidney supports the bone strength)
Thirst, dry mouth and throat (Kidney-Yin deficiency)
Anxiety/restlessness/insomnia (Empty heat from Kidney-Yin deficiency)
Redness of the skin at KI 27 and throat (Empty-heat sign)
Longstanding stress/fear
Feels powerless in the face of fear/anxiety
Pain or lack of movement in the physical meridian pathways through: plantar fascia, calf/hamstring/back, low abdomen, rib spaces, kidney organs and ureters
Pain or lack of movement in the Masunaga extensions: back, neck, subclavicular area, arms, palms

Kidney Jitsu: Urinary & reproductive distress / over-energetic / overambitious
Thirst / dark urine / blood in urine (heat in Kidneys, usually result of Kidney-yin deficiency)
Inflamed throat (Masunaga Kidney extension in throat)
Hyperthyroidism or Hashimoto’s Thyroiditis (inflammation of thyroid, thyroid is connected to Kidney Yang)
Kidney stones
Ringing in ears
Back stiffness
Overactive sex drive
Impatience / Workaholic
Obsession with leaving behind a legacy, either financial or artistic, etc.
Pain or lack of movement in the physical meridian pathways through: plantar fascia, calf/hamstring/back, low abdomen, rib spaces, kidney organs and ureters
Pain or lack of movement in the Masunaga extensions: back, neck, subclavicular area, arms, palms

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Pericardium Healthy Functions to Amplify if Present in Resonant Pair
Healthy flexibility to move between opening and closing emotional heart center as needed
Healthy functioning of heart muscle, health of chest circulation and freeflow of cardiac arteries
Benefit the health of all blood vessels
Regulation of blood pressure
Willingness to be intimate even though it is potentially painful
Restful sleep
Intimacy with self: coming into core of self, knowing who they are at their core, knowing and trusting self
Invigorate the physical meridian pathways (internal and external) through chest, arm, elbow, palm, finger, cardiac muscle, entire internal chest cavity
Invigorate the physical meridian pathways through Masunaga extensions: midline of torso, neck, sacrum, inner thigh, lower leg, center of sole of foot

Digestion/Elimination: Provides Yang through circulation, supporting Spleen functions of adequate warmth to transform stomach contents and adequate warmth to absorb water in the intestines and prevent loose stools
Breathing: Balances the emotions and provides “calm abiding”, which relieves tense breathing patterns
Sleep: Provides “calm abiding” which provides restful sleep
Menstruation: Assists Liver with the circulation of Blood

General Fire Element Healthy Functions
Ability to be 100% present in the moment and with other people
Ability to experience intimacy and be ok with vulnerability

Pericardium Kyo: Heart Closed, tends not to feel emotions out of desire to avoid emotional pain
Palpitations, breathless on exertion
Poor circulation, chilly extremities, low blood pressure
Fluctuating blood pressure (high sometimes, low sometimes)
Sometimes connected to other blood pressure conditions
Anxiety of an emotional nature
Tends towards shallow breathing, rolled-in chest
Emotions unavailable
Avoids intimacy because it is seen as potentially painful and not safe
Pain or lack of movement through chest, arm, elbow, palm, finger, cardiac muscle, entire internal chest cavity
Pain or lack of movement through Masunaga extensions: midline of torso, neck, sacrum, inner thigh, lower leg, center of sole of foot

Pericardium Jitsu: Heart Open, overwhelmed by emotional pain
Anxiety of an emotional nature
Palpitations
Fluctuating blood pressure (high sometimes, low sometimes)
Sometimes connected to other blood pressure conditions
Damaged and/or obstructed coronary arteries
Oppressive feeling in chest
In the midst of interpersonal crisis
Too open to feelings of others, takes on the feelings of others, an emotional “live-wire”
Jumps too quickly into intimacy
Pain or lack of movement through chest, arm, elbow, palm, finger, cardiac muscle, entire internal chest cavity
Pain or lack of movement through Masunaga extensions: midline of torso, neck, sacrum, inner thigh, lower leg, center of sole of foot
Triple Heater: Protection / Adaptation / Peripheral Circulation. Healthy superficial-to-medium intimacy.

Triple Heater Healthy Functions to Amplify if Present in Resonant Pair
- Healthy ability to protect oneself
- Ability to perform superficial social movements, make basic connection, small talk, scrutinize safety of closer contact
- Healthy peripheral blood circulation to extremities
- Healthy lymphatic circulation, reduce lymphatic swelling
- Healthy immune response
  - Invigorate meridian flow through: hand, wrist, forearm, elbow, triceps, shoulder, ear drainage, lymph nodes behind jaw, space between bones of skull, temples, entire fascial network as a unique organ
  - Invigorate meridian flow through Masunaga extension: torso, flanks, leg, foot

Digestion/Elimination: Governs all the connective tissue and proper spacing of all tissues from each other. As such, it shares the Gallbladder function of relaxing and coordinating the muscles, including GI tract muscles.
- Breathing: Benefits the diaphragm, which divides upper and middle burners
- Sleep: Settles anxiety and Provides “calm abiding” which provides restful sleep
- Menstruation: Relaxes the muscles and benefits emotions (which benefits menstrual symptoms), regulates heat.
- General fire element healthy functions -
- Ability to be 100% present in the moment and with other people
- Ability to experience intimacy and be ok with vulnerability

Triple Heater Kyo: Unprepared to defend oneself
- Feelings of cold (TH failing to distribute source ki)
- Susceptibility to colds and flu (TH governs lymphatic system and immunity with support from LU)
- Poor peripheral circulation, especially coupled with fluid retention
- Feels emotionally vulnerable, unprepared for life challenges, unable to adapt
- No external boundaries socially, easy prey
- Pain or lack of movement through: hand, wrist, forearm, elbow, triceps, shoulder, ear drainage, lymph nodes behind jaw, space between bones of skull, temples, entire fascial network as a unique organ
- Pain or lack of movement through Masunaga extension: torso, flanks, leg, foot

Triple Heater Jitsu: Overactive defense mechanisms
- TH Jitsu is often pronounced during the onset of illness as the immune system responds.
- Earache / lateral headache / sore throat (inflamed condition of TH meridian, early onset of illness)
- Swollen glands
- Tightness/tension in shoulders/arms/neck on TH meridian
- Fullness in any of the three burners: respiratory heaviness (upper burner), digestive heaviness (middle burner), constipation/fullness in low hara (lower burner)
- Defensive, cautious. Or, overly invested in superficial level of social interaction, lots of friends but not close friends.
- Pain or lack of movement through: hand, wrist, forearm, elbow, triceps, shoulder, ear drainage, lymph nodes behind jaw, space between bones of skull, temples, entire fascial network as a unique organ
- Pain or lack of movement through Masunaga extension: torso, flanks, leg, foot
Gallbladder: Decision Making / Execution.
Ability to rely on inner moral compass to judge right/wrong, without being overly-judgmental externally.

Gallbladder Healthy Functions to Amplify if Present in a Resonant Pair
Be willing to make judgments and decisions
Know that there are ultimately no wrong decisions, although we still have to use personal judgement
Have a perspective big enough to not be harshly judgmental of others
Facilitate freedom of the body and mind (not constrained, a feeling of fun)
Facilitate ability to digest fats
Give a feeling of physical balance and coordination: hand/eye coordination, balance, brain communicating to muscles
Resolve muscular tension by relaxing all muscles in body
Invigorate the physical meridian pathways (internal and external) through eye socket, temples, head, neck, shoulder, “wing space” under scapula, side of torso, lateral/lower hara, TFL, piriformis muscle, IT band, peroneals, ankle, foot, gallbladder organ, all muscles of body
Invigorate the physical meridian pathways through Masunaga extensions: across scapula, tricep, forearm extensors, palm, fingers

Digestion/Elimination: Relaxes and coordinates the muscles, relieves tension patterns to free the GI tract movement
Breathing: Relaxes and coordinates all muscles, including shoulders and all the muscles of breathing
Sleep: Relaxes the muscles to provide deeper sleep
Menstruation: Relaxes the muscles to support Liver in smooth muscle coordination in the uterus
The following are Wood General Functions
Relax the muscles
Acknowledge and respond wisely to feelings of anger, maintain the biggest/highest possible perspective

Gallbladder Kyo: Timid, fearful of being put on the spot for a decision, fear of “being wrong” or “failing”
Dizziness / Poor Vision (part of Liver Blood deficiency pattern)
Poor digestion of fats (reduced capacity of anatomic Gallbladder’s bile secretion)
Weak, tired legs in Gallbladder meridian
Timidity and fear of decisions
No moral compass, unwilling to make judgement
Pain or lack of movement in the physical meridian pathways (internal and external) through eye socket, temples, head, neck, shoulder, “wing space” under scapula, side of torso, lateral/lower hara, TFL, piriformis muscle, IT band, peroneals, ankle, foot, gallbladder organ, all muscles of body
Pain or lack of movement in the physical meridian pathways through Masunaga extensions: across scapula, tricep, forearm extensors, palm, fingers

Gallbladder Jitsu : Tense muscles, snap decisions, powers through frustration, is “right”

Pain and swelling under ribcage (Liver-Qi Stagnation)
Poor digestion of fats / yellow complexion (dampness obstructing Gallbladder)
Gallstones
Bitter taste in mouth (heat sign)
Generally stiff muscles, especially in Gallbladder meridian (Gallbladder controls muscles/sinews)
Impatient, irritable, frustrated, makes snap decisions to relieve pressure
Judgmental, very rigid sense of right/wrong
Pain or lack of movement in the physical meridian pathways (internal and external) through eye socket, temples, head, neck, shoulder, “wing space” under scapula, side of torso, lateral/lower hara, TFL, piriformis muscle, IT band, peroneals, ankle, foot, gallbladder organ, all muscles of body
Pain or lack of movement in the physical meridian pathways through Masunaga extensions: across scapula, tricep, forearm extensors, palm, fingers
Liver: Planning / Freeflow of Ki. Healthy inner vision and willingness to assert self.

Liver Healthy Functions to Amplify if Present in a Resonant Pair

- Holding a big perspective
- Having a vision of the future one wants to create
- Being able to trust one’s inner moral compass (know what’s right for you personally)
- Know which principles are core principles not to be compromised, which are things that can be compromised
- Be able to smoothly assert oneself as needed, give others space as needed.
- Facilitate detoxification & neutralization of stress hormones
- Maintain health of tissues nourished by Liver organ network - eyes, liver organ, tendons
- Maintain strong venous blood flow through Greater Saphenous Vein (follows Liver pathway exactly in leg)
- Invigorate the physical meridian pathways (internal and external) through big toe, foot, ankle, inner leg, genitals, entire abdominal cavity, liver organ, rib spaces
- Invigorate the physical meridian pathways through Masunaga extensions: between ribs, through biceps, elbow, forearm flexors, hand

Digestion/Elimination: Relaxes and nourishes the muscles, relieves tension patterns to free the GI tract movement

Breathing: Relaxes and nourishes all muscles, including all the muscles of breathing.

Sleep: Relaxes muscles, neutralizes stress hormones to provide good-quality sleep

Menstruation: Relaxes the muscles to support smooth muscle coordination in the uterus, keeps Blood of a good rich quality unlikely to clot or stagnate, neutralizes excessive hormones to minimize PMS symptoms

The following are Wood General Functions

Relax the muscles
Acknowledging and respond wisely to feelings of anger, maintain the biggest/highest possible perspective

Liver Kyo: No vision, aimless, no inner voice, Liver-Blood Deficiency, stagnant liver organ circulation

- Fatigue/dizziness/dull pale complexion (Liver Blood Deficiency)
- Cracked Nails (Liver Blood Deficiency - nails are indicator)
- Infertility (Usually as Kidney-Yin failing to nourish Liver-Blood which nourishes uterus)
- Weak eyes, ‘floaters’ in eyes (Liver-Blood Deficiency, failure to nourish eyes)
- Depression (Liver stagnation affects the emotions)
- Weak joints / stiff muscles (Liver-Blood failing to nourish muscles)
- Lack of determination, inconsistent fluctuating energy (Liver grants vision and smooth energy)
- Not in touch with an inner voice that could help develop an inner vision
- Pain or lack of movement in the physical meridian pathways (internal and external) through big toe, foot, ankle, inner leg, genitals, entire abdominal cavity, liver organ, rib spaces

Liver Jitsu: Pent-up frustration and anger. Stagnant or inflammatory/enlarged conditions of liver organ. Can also be observed when Liver-Yang rises due to insufficient Liver-Yin, over-dependent on “their plan”

- Pain in between ribs that comes and goes (Liver-Qi Stagnation)
- Headaches (Liver-Ki Stagnation or Liver-Yang rising if combined with red face)
- Chronic stiffness (Liver-Ki Stagnation affecting sinews and muscles)
- Skin eruptions / Hemorrhoids (Heat in Blood imparted by Liver)
- Inflammatory diseases of reproductive system and genitals (Liver channel connects to genitals)
- Frustrated / impatient / impulsive
- Repressed anger / explodes
- Constantly planning, obsessed with planning
- Pain or lack of movement in the physical meridian pathways (internal and external) through big toe, foot, ankle, inner leg, genitals, entire abdominal cavity, liver organ, rib spaces
- Pain or lack of movement in the physical meridian pathways through Masunaga extensions: between ribs, through biceps, elbow, forearm

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