

Sovereign Fire Couple 83

MERIDIANS & FIVE ELEMENTS
SOVEREIGN FIRE COUPLE

Love /Hate

I am filled with joy and gratitude as I am learning from my experience



OVERVIEW

Fire in the Five Element Theory is associated with summer. Summer is a time of the most intense heat. Fire is associated with the colour red, which is definitely a predominant sight in the heat of the summer when the forests are ablaze. If the face shows red, it is a sign that the heart is involved. Jovial fellows often have a red hue to their face. Joy or lack of joy, are the emotions that have the greatest effect on the Fire element.

The Fire element consists of four meridians divided into Sovereign and Ministerial Fire. Sovereign Fire is the Heart Meridian and Small Intestine Meridian. Ministerial Fire is the Circulation/Sex Meridian and the Triple Warmer Meridian. The two Yin Meridians are the Heart and Circulation/Sex Meridians. The two Yang Meridians are the Small Intestine and the Triple Warmer Meridians.

The sound associated with this joyous element is laughter. The sense organ for the Fire element is the tongue. If ever there is a roughness or pimples on or at the end of the tongue it is a warning to take care of your heart. What is in your heart that you need to express?

The Fire element is expressed through the blood of the body, the taste is bitter and the smell is burnt or scorched.

When the Heart Meridian is balanced and functioning well, it is easier for us to experience joy in our lives. Depleted heart energy may cause heart disease, palpitations, angina pectoris, and overall tension and fatigue. Excess energy in the heart may cause a sensation of tension and tightness in the heart and chest area .

Eastern Philosophy suggests that the heart is the master of the voice, meaning that the heart controls the use of the voice. When we are in love we sing, when we are

ASSOCIATED MERIDIANS

HEART AND SMALL INTESTINE

PHYSICAL COMPONENT

Heart and Small Intestine

EMOTIONAL COMPONENT

Love

METAPHYSICAL COMPONENT

Inner joy

“The Essence of Sound”

“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”

by Evelyn Mulders

COLOUR.....Red
SEASON.....Summer
SOUNDLaughing/Giggling
NOTE‘G’
TASTE.....Bitter
ODORScorched
CONDITIONSHeat
CONSCIOUSNESS .Spirit, self-awareness,
“I am” consciousness
ACTIVITYYin – Wisdom
.....Yang – Intellect
SENSETaste
ACTIONSight
TISSUES.....Blood Vessels
FLUID.....Sweat

PHYSICAL Heart and Circulation
EMOTIONAL Excess
MENTAL..... Idealism
SPIRITUAL..... Expression

angry we scream, when we are sad we cry and when we are content we hum. Joy in the voice can be heard as a laughing quality. A person may be discussing a very mundane topic, but if the heart is strong and dominant, there is still a happy bounce in the words, indicating a strong happy nature.

The small intestine is responsible for taking nutrition out of food and making it available to the bloodstream. A weak small intestine condition contributes to other types of digestive disorders including constipation and appendicitis. In women, small intestine disorders leads to chronic menstrual problems, including premenstrual syndrome, and ovarian pain and cysts. Those with a weakened small intestine tend to think too much, suffer from anxiety, and tend to control emotions with their minds, experience a lack of joy and sometimes, deep sadness.

Excess small intestine energy contributes to poor circulation in the lower organs; such people may have cold hands and feet, and chronic constipation that can alternate with diarrhea. People with excessive Small Intestine energy tend to have strong determination and an ability to finish what they begin. They are restless, overworked and eat too quickly. They withhold their emotions usually to their own detriment and have trouble relaxing. They are highly ambitious but often fail to appreciate their accomplishments.