

# What is your body saying?

Take a moment to listen...

## *I am the Lungs*

I am an important organ because I allow for the exchange of oxygen and carbon dioxide in the blood, so your vitality is dependent on me. I am also responsible for distributing Qi around the body and so when I am functioning properly I give sharpness to movements and allow for good reaction times. I also play an important role in releasing attachments to the past as you release each breath. So when you 'hold on' to things in your life, your breathing becomes shallow and you feel suffocated and unable to grow.

## *I am the Wrist*

I am a complex character because I have such close ties to the hand, which is one of the most expressive parts of the body. I have to be very exible and precise which requires a lot of intelligence, so it is little wonder that the stomach controls me. The stomach represents the conscious mind, and so when you start thinking too much and especially when your thinking becomes rigid and narrow-minded, then I become rigid. If you can't 'stomach' your life and what is happening around you, then you will start having indigestion and I will ache and degenerate.

## *I am the Large Intestine*

You may think that my only role is to eliminate waste as a result of the digestion of food. I do much more than that. I also eliminate impure thoughts and emotions as a result of our life experience. To do this I am able to generate grief to help you let go and move on. The desire to be in control of every situation leads to the inability to surrender yesterday's emotions – which you call constipation. When I am functioning properly I allow for the ability to release the past and cleanly enter each day with an open mind.