

## Fire: Heart/Small Intestine

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## Fire Element

- The Fire Element manifests on the physical level through people's sensitivity to heat and cold.
- Emotionally, the Fire Element manifests in being joyful.
- To be with others, sharing, and communicating generates and maintains the fire within us.
- Chronic loneliness is not life enhancing

## Fire – Relationship to other Elements

- Fire is the Mother of Earth
- Wood is the Mother of Fire
- Water controls Fire
- Fire controls Metal

## Color of Fire- Red

- Red is associated with blood
- Emotionally red is associated with passion
- Normal amount of facial red is normal under or besides the eyes.
- If found in other areas it may indicate excessive heat in another region of the body.

## The Sound of Fire is Laughter

- Laughter naturally emanates from the heart
- “A person should laugh three times a day to live longer”
- When out of balance one may laugh out of context (painful experience) in order to possibly hide their nervousness.

## The Odor of Fire is Scorched

- Burnt toast
- Clothes coming out of the tumble dryer
- Shirt that has just been scorched while ironing
- The odor generally comes on during a fever state.

## The Emotion of Fire- Joy

- Imbalanced Fire can manifest in a inability to join in a joyous occasion or express an excessive amount of joy.
- Prolonged sadness will affect the Fire Element the most.
- Intimate relationship breakups will equally create an imbalance in the Fire Element.

## The Season of Fire is Summer

- An imbalanced Fire can manifest in a excessive craving for the warmth of summer.
- Also, people who experience aggravations in symptoms mainly during the summer may show a imbalance in Fire.

## Fire – the Sense Organ

- The sense organ for Fire is Speech and the orifice is the tongue.
- Speech is the crucial tool for the heart.
- Irregularities in speech (stuttering, babbling, forgetting or mixing up words, or faltering speech) indicates a stress to the Fire Element.

## Blood and Blood Vessels

- The Heart is said to govern the blood and the blood vessels.
- This provides the link between the Organs, tissue and body parts.

## The Residue of Fire- Hair

- The connection between hair and Fire is via the blood.
- Blood's function is to nourish and moisten.
- The quality of one's hair will reflect the quality of their blood.
- The quality of hair usually shows a dryness.

## The Taste of Fire - Bitter

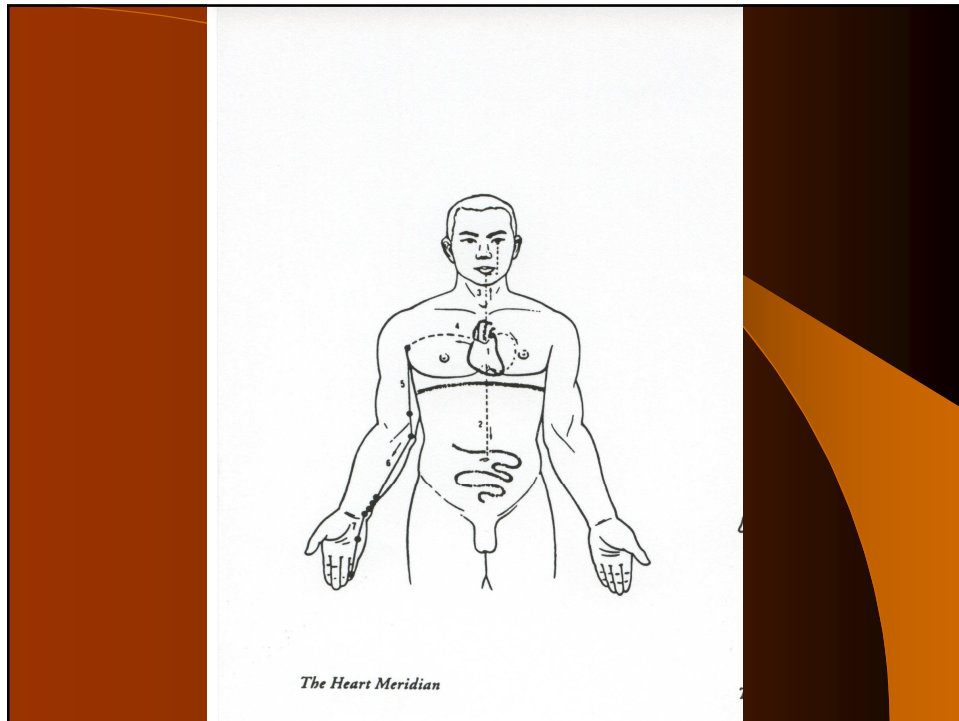
- The bitter taste can drain or dry dampness or disperse or clear excess heat.
- Bitter herbs sold at bars are used to clear damp and heat generated by the liver

## Fire – The Organs

- Fire has two yin organs and two yang organs
- Two of these are not ordinary organs and are often referred to as functions.
- The two organs are Heart and Small Intestine.
- The two functions are Triple Burner and Heart Protector (also known as Pericardium).

## Heart – The Supreme Controller

- The Heart holds the office of lord and sovereign.
- The welfare of all other organs is dependent on the heart.
- A healthy heart with no obstructions does nothing other than allow our spirit to rest peacefully within it.



## Shen – The Spirit of the Heart

- The Shen enables people to radiate outwards from their spirit.
- Shen gives a person a sparkle in the eyes, an inner vitality, and an alertness of the mind.
- All the yin organs store a “spirit”. The Heart houses the Shen.

## Relationship with other 'Spirits'

- Shen is the overseer or leader of the other spirits.
- Wood – hun or Spiritual soul
- Earth – yi or intellect
- Metal – po or animal soul
- Water – zhi or will

## Shen

- Shen affects our ability to sleep, especially to go off to sleep.
- The Shen goes outward during the day and engages with the world.
- At night, when it is time to rest, the Shen returns to the Heart.
- The Shen rests in the Blood of the Heart.
- When the Blood is not healthy, the Shen is not 'rooted' and becomes agitated.

## Shen

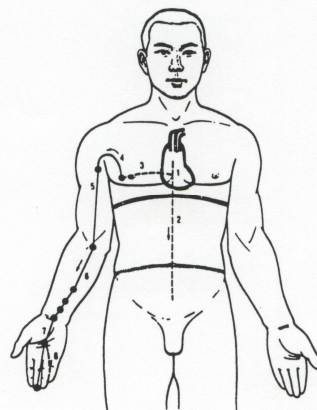
- The Shen affects our short term memory.
- The Shen Also governs our ability to think clearly and have clear consciousness.
- This allows one to concentrate without wandering off

## Imbalance of the Heart

- There is a lack of internal control
- One experiences difficulty with getting off to sleep.
- There are excessively volatile emotions, uncontrollable tearfulness and internal desperation.
- There is generally a lack of stability of the emotions.

## Pericardium

- The Pericardium is the servant of the Heart and has the function to look after and protect the heart.
- When the Heart is properly protected, joy and pleasure can arise.
- The Heart protector requires flexibility.
- Close friends, advisors, and confidants need to be admitted and strangers and hostile people need to be excluded.



*The Pericardium Meridian*

all cardiac and pericardium diseases,  
emotional disorders,  
insomnia and excessive dreaming,  
restlessness,  
forgetfulness,  
trembling, shaking,  
delirium, hysteria, insanity,  
talking to oneself,  
loss of voice,  
tongue disorders:  
a) inflamed,  
b) swollen,  
c) painful,  
d) pimples or ulcers on tip of tongue,  
thirst and dry throat,  
pain in chest, armpit, along course of meridian,  
palms feel hot and sweaty.

## Pericardium

- When stuck open, people may have a tendency to get hurt easily and behave in inappropriate behavior. i.e., falling in love and getting married all in one day.
- When stuck closed, one has difficulty in making friends, building relationships, and being available to receive love and warmth from others.

## Pericardium

- The Pericardium acts as a intermediary between the Heart and the Kidney's ming men (vitality)
- The Pericardium works to connect the qi from the ming men and the Heart and to transform and harmonize both a person's inherited and acquired qi and essence.
- Harmony between the Heart and Kidneys is very important for a person to be at ease mentally and spiritually.

## Imbalance of the Pericardium

- The person's ability to protect their Heart from feelings of rejection is hindered.
- There is a tendency to be overly-sensitive and to feel easily hurt.
- Excruciating emotional traumas in the past can block the pericardium to insure they will not have to feel those feelings again. They are not prepared to take a risk of another intimate relationship. Here, pets often become a welcome source of safe intimacy.

## The Small Intestine - Physical

- All food and fluids that we take into our body needs to be transformed and sorted out during the process of digestion. The purer fluid is passed on to the large intestines for absorption while the impure passed on to the bladder for elimination.
- Nutrients are absorbed into the blood and food waste is passed to the large intestines.

## Small Intestine – Mental & Emotional

- In the modern world we have an extraordinary number of lifestyle choices.
- In separating the pure from the impure, the small intestine has an important job of discrimination.
- When unbalanced, the person may become mentally fuzzy, unable to make decisions or have difficulty evaluating what to do next.
- The person may be convinced that others do not understand them (and they may be correct), but not realize that it is due to their confusing comments.

## The Triple Warmer

- The official of balance and harmony
- Is a function without an organ
- The three burning spaces (jiao) cover the process of a body taking in food, drink, and air, transforming them, separating them and absorbing part and excreting the remainder.

## The Three jiao

- The upper jiao lies at the level of the chest and contains the Heart, Lungs and Pericardium.
- The middle jiao which is at the level of the solar plexus, contains the Stomach, Spleen, Liver and Gall Bladder.
- The lower jiao lies in the lower abdomen and contains the Small Intestine, Large Intestine, Bladder and Kidneys.

## The Three jiao

- The upper jiao is compared to a mist
- The middle jiao is compared a maceration chamber or muddy pool.
- The lower jiao is described as a drainage ditch.

## Evaluation of Triple Burner

- Because qi is also warmth, the assessment of the three burners involves feeling the temperature of the skin on the surface of each burner.
- Too hot or too cold may mean the Triple Burner is not properly regulating the water passages.

## The Time of Day of the Organs

- Heart 11 a.m. to 1 p.m.
- Small Intestine 1 p.m. to 3 p.m.
- Pericardium 7 p.m. to 9 p.m.
- Triple Burner 9 p.m. to 11 p.m.

## Relationship of Fire Organs

- The Heart rules, and the Pericardium protects.
- The Small Intestines shares the role with the Pericardium by separating the pure from the impure.
- The Triple Burner maintains the flow throughout the three burners creating harmony.
- When the Heart and/or Pericardium are weak, people often have a tendency to have emotional ups or downs. With a healthy Triple Burner, there is moderation of these fluctuations.

## The Time of Day for the Organs

- There are more cases of heart failure during the low time for the heart – between 11 p.m. and 1 a.m.
- Heart attacks, where there is too much energy, occur more frequently at midday.
- People with deficient Pericardium often feel an increase in vitality in the evenings. The evenings are also the time when people spend more time socializing and making contact with each other.

## Behavioral Patterns of Fire

- 1. Compulsively cheerful ----- Miserable
- 2. Open and overly sociable ----- Closed and isolated
- 3. Clowning ----- Earnest
- 4. Vulnerable ----- Over-protected
- 5. Volatile ----- Flat