

The Five Elements - Production Cycle and Cycle of control

The production cycle shows how the elements and the organ systems of the body support and promote each other. Fire burns to create earth. Water nourishes the growth of wood etc. The heart supports the spleen the spleen supports the lungs and so on.

This is often referred to as the Mother son cycle. If kidney energy is deficient this can lead to a deficiency of liver energy and the Mother can be used to treat the son. Liver deficiency can be treated by strengthening the kidney energy, lung deficiency can be treated by toning the spleen.

The cycle of control is not destructive in a negative sense. Control is part of the process of one organ assisting another; a weak organ may be unable to exert the control needed by another. For example, if lung energy is weak, liver energy may rise to excess, manifesting headaches and high blood pressure. If liver energy is weak, stomach/spleen energy may rise resulting in poor digestion, anxiety and worry. Compare this to dysfunction of the solar plexus which is in the same location in the body.

The Meridian System and Crystal Healing

The study of the meridian system is a vast subject which takes years to master. In this course we are merely touching upon the basic principles of how this system works. The core curriculum states that you must be aware of the meridian system. Most crystal healers work with the chakras and subtle bodies, however, we can bring some of our knowledge of the meridians into our healing practice. If you are interested in the meridian system and learning to work more with it - I would advise you to study further in this subject exclusively. Some people are now offering crystal healing working with the meridians using crystals to activate acupuncture points to release blockages along the lines, instead of acupuncture needles. This is a way of working with crystals and meridians. NOTE; The meridian lines work within the physical body outwards to the subtle bodies - the chakras work within the subtle bodies leading to change within the physical body.