

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