

2.5. The energy charge of the human hand

Our hands make the first tangible contact with the outside world, but they are also an important protective barrier. **The two types of energy flow through our hands** - the electric Yang, on the outside of the palm, and the magnetic Yin, on the inside. Therefore, it is necessary to take care of their hygiene and health so as **not to pollute the fine energies** with which they are charged. Each finger of the human palm controls and **expresses a certain type of energy**, along which are the activating and toning points of Yin-Yang of the energy meridians of the relevant organ system. The zones that tone **the Primordial Power and our Soul Energy** are in the center of the palms. (p.13,81,94,157,191)

THE ENERGIES THAT FLOW THROUGH THE FINGERS OF OUR HANDS

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| <div style="background-color: #ADD8E6; padding: 2px; text-align: center;">INTUITIVE ENERGY</div> <div style="background-color: #FFD700; padding: 2px; text-align: center;">MIDDLE FINGER</div> <p><i>Mental manifestation:</i> fairness, pride, religiosity, emotionality <i>Spiritual manifestation:</i> perfection, purification, devotion <i>Physical appearance:</i> detoxification, circulatory system, tendons, muscles, joints</p> <ul style="list-style-type: none"> • Yang-Energy of Gallbladder (S.108) • Yin-Energy of Liver (S.104) <p><i>Useful feature:</i> Tones the blood vessels and Conscious energy <i>Subordinate element, natural element:</i> Spirit <i>Subordinate Sense:</i> Sight (p.21) <i>Energy meridian:</i> Pericardium (Yin) (p.24)</p> | <div style="background-color: #FFD700; padding: 2px; text-align: center;">THUMB</div> <div style="background-color: #800080; padding: 2px; text-align: center;">CONSCIOUS ENERGY</div> <p><i>Mental manifestation:</i> intelligence, will <i>Spiritual manifestation:</i> wisdom, love, faith <i>Physical manifestation:</i> regeneration, metabolism, brain activity, nervous system</p> <ul style="list-style-type: none"> • Yang-Energy of Bladder (S.101) • Yin-Energie of Kidney (S.95) <p><i>Useful feature:</i> Stimulates Lungs and Mind <i>Subordinate element, element:</i> Earth <i>Subordinate Sense:</i> Touch (p.21) <i>Energy Meridian::</i> Lungs (Yin) (p.24)</p> |
| <div style="background-color: #FFD700; padding: 2px; text-align: center;">SOLAR (SPIRITUAL) ENERGY</div> <div style="background-color: #FFD700; padding: 2px; text-align: center;">LITTLE FINGER</div> <p><i>Mental manifestation:</i> diligence, work, nose, concentration, practicality, materialization <i>Spiritual manifestation:</i> expression, Initiative, decision making <i>Physical manifestation:</i> movement, Immunity, digestion, circulatory system</p> <ul style="list-style-type: none"> • Yang-Energy of Small Intestine (S.115) • Yin-Energy of Heart (S.114) <p><i>Useful feature:</i> Improves digestion and metabolism <i>Subordinate element:</i> Air <i>Subordinate Sense:</i> Smell (p.21) <i>Energy meridian:</i> Small intestine (Yang), Heart (Yin) (p.24)</p> | <div style="background-color: #90EE90; padding: 2px; text-align: center;">RINGFINGER EMOTIONAL (HEART) ENERGY</div> <p><i>Spiritual expression:</i> satisfaction <i>Spiritual manifestation:</i> harmonization <i>Physical appearance:</i> digestion, immunity</p> <ul style="list-style-type: none"> • Yang-Energie des Magens (S.125) • Yin-Energie der Milz (S.121) <p><i>Useful feature:</i> Calms emotions and the heart, tones the Thyroid gland <i>Subordinate element:</i> Fire <i>Subordinate Sense:</i> Hearing (p.21) <i>Energy meridian:</i> Triple heater (Yang) (p.24)</p> |
| <div style="background-color: #FFD700; padding: 2px; text-align: center;">SOU (ESSENTIAL) ENERGY</div> <div style="background-color: #FFD700; padding: 2px; text-align: center;">BASIC (PRIMER) ENERGY</div> | <div style="background-color: #800080; padding: 2px; text-align: center;">FOREFINGER</div> <div style="background-color: #0000FF; padding: 2px; text-align: center;">MENTAL ENERGY</div> <p><i>Mental manifestation:</i> thinking, teaching, mental health, cognition, leadership <i>Spiritual manifestation:</i> purity, nobility <i>Physical appearance:</i> breathing, metabolism, blood</p> <ul style="list-style-type: none"> • Yang-Energy of Colon (S.139) • Yin-Energy of Lungs (S.135) <p><i>Useful feature:</i> Stimulates detoxification, intuitive strength and the immune system <i>Subordinate element, natural element:</i> Water <i>Subordinate Sense:</i> Taste (p.21) <i>Energy meridian:</i> Colon (Yang) (p.24)</p> |

BALANCING YIN AND YANG BY MASSAGE OF THE PALMS AND FINGERS:

Grasp each finger with the index and thumb of the other hand at the base and pull towards the tip, as if trying to remove a ring. As you do the exercise, think about the negative energies you want to get rid of, and then the positive energies you want to recharge. Then vigorously rub the two palms together and place them on your eyes. Then caress your face as if splashing with water. To achieve the desired result, your mind must be absolutely pure and well-intentioned. You will soon feel energetic, light and toned.