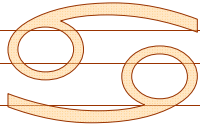


Table 28: ENERGY ELEMENTS AND MANIFESTATIONS OF PERICARDIUM AND BLOOD VESSELS
 Ruling Zodiac Sign: TWINS / Ruling Planet: Mercury
 Soul aspiration: Soul strength / Zodiac principle: Thinking

Flowing Life Energy: (p.21)	Circulating Yang energy
Element: (p.21,57-58,94)	Warming Air / Fire
Season/ month: (p.21,93)	Beginning of summer / June
Color: (p.21,57-58,94)	White / Purple
Natural force, climate: (p.21)	Wind / Sunbeams
Energy meridian: (p.24)	Yin meridian energy of the Pericardium
Mental manifestation/Soul desire: (p.13,192)	Soul Power expression: (p.175) Communication, Connections, Expression, Information
Governing Spiritual Power/ Expression: (p.157)	Mental Power: (p.177) Thinking, Balancing, Wisdom, Freedom, Consciousness
Physical expression: (p.13-15,57-58,94)	Circulation, Movement, Immunity
Sense: (p.21)	Impulsiveness / rest
Nourishing Yin Organ: (p. 20,94)	Lungs (p.135)
Controlling Yang Organ: (p.20,21,48,93)	Bladder (p.101)
Depending organ system: (p. 20,48)	Heart / Small Intestines (p.114-115)
Governing organ: (p. 93)	Pericardium (p.116)
Sensory organs: (p.21,186,196)	Tongue/ Voice / Speaking
Body tissues, related organs: (p.21,48)	Blood vessels, connective tissue
Destructive character: (p.21, 27,33,57,148,151,159,192)	Cunning, hypocrisy, hesitation, unconsciousness, tactlessness, emotionality, non-communication.
Ruling planet/Stone of the Governing Spiritual Power/	Mercury
Energy Center: (p. 13,51,93,157,170)	Lazurite (Na,Ca) ₈ [(S,Cl,SO ₄ ,OH) ₂ (Al ₆ Si ₆ O ₂₄)]
Zodiac sign: (p. 21,57-58,93,94,191)	Mental power (p.102,106,137,144) / Forehead (Third eye) chakra
Day of the week: (p.170)	Gemini 
Time of the days (p.25)	Wednesday (p.175) 19.00-21.00
Key numbers: (p. 13,189,190,194,196,197)	4, 6, 8
Toning hand finger: (p.28)	Middlefinger - for Conscious Power, tones the Pericardium
Stimulating hand finger:	Ringfinger - Balances emotions and the Heart; for the Soul
Regulating foot meridian: (p.131)	Spleen Meridian - purifies the Soul energy
Balancing element: (p. 57,59,94,190,191)	Water (p.99,102,106,119,137)
Activating element: (p. 20,48,57,59,94)	Metal (p.136,144)
Beneficial activity: (p.42,47,69,186-188)	Meditation, swimming
Strengthening foods: (p.51,59,63,143,158,168,170)	Foods Balancing Spiritual and Primary Forces: Fresh fruits and vegetables, water, natural juices
Harmful foods: (p.59,76-79,127,144,149,151,165)	highly spicy, spicy, fatty and meaty foods, opiates
Taste/ Sound/ Light: (p.21,36,191,196)	Bitter / La - Sol / Yellow and Diamond Rays (p.175,184)
Nourishing herbs/ aromas: (p.23,59)	Rose, Hawthorn, Cardamom, Salvia, Fennel, Lavender, Oregano, Mint
Semi- and precious stones with a beneficial effect on the body organ, the energy meridian, the related mental manifestations and the powers of the Zodiac sign/Metal (p.51,63,157)	Diamant C, Opal SiO ₂ • nH ₂ O Citrine SiO ₂ , Tiger's Eye (Na, Fe ²⁺) SiO ₂ , Pearl CaCO ₃ , Hematite Fe ₂ O ₃ Carnelian SiO ₂ , / Platinum ⁷⁸ Pt
Risk diseases: (p.190)	Hands, Wrists, Shoulders, Hay fever, Lungs, Breathing, Nervs
Personal notices:	