

**Table 29: ENERGY ELEMENTS AND MANIFESTATIONS OF SMALL INTESTINE**

Ruling Zodiac Sign: **CRAB** / Ruling Planet: **Moon**

Soul aspiration: **Heart strength** / Zodiac principle: **Feeling**

<b>Flowing Life Energy:</b> (p.21)	<b>Balancing Yang energy</b>
<b>Element:</b> (p.21,57-58,94)	Water / Fire
<b>Season/ month:</b> (p.21,93)	Summer / July
<b>Color:</b> (p.21,57-58,94)	Blue / Purple
<b>Natural force, climate:</b> (p.21)	Sea waves / sunbeams
<b>Energy meridian:</b> (p.24)	Yang meridian energy of the Small Intestine
<b>Mental manifestation/Soul desire:</b> (p.13,192)	<b>Heart Force:</b> (p. 171) Concentration, Diligence, Work, Realization, Organization
<b>Governing Spiritual Power/ Expression:</b> (p.157)	<b>Primary power:</b> (p. 173) Initiative, Feeling, Manifestation, Harmonization, Saturation
<b>Physical expression:</b> (p.13-15,57-58,94)	Digestion, Assimilation, Immunity, Detoxification
<b>Sense:</b> (p.21)	Satiety / hunger
<b>Nourishing Yin Organ:</b> (p. 20,94)	Heart (p.114)
<b>Controlling Yang Organ:</b> (p.20,21,48,93)	Stomach (p.125)
<b>Depending organ system:</b> (p. 20,48)	Spleen (p.121) / Immune System (p.80)
<b>Governing organ:</b> (p. 93)	Small Intestine (p.115)
<b>Sensory organs:</b> (p.21,186,196)	Tongue / Taste
<b>Body tissues, related organs:</b> (p.21,48)	Blood wessels
<b>Destructive character:</b> (p.21, 27,33,57,149,159,192)	Addiction, susceptibility, delusion, hesitation, indecision, vulnerability, opposition.
<b>Ruling planet/Stone of the Governing Spiritual Power/</b>	<b>Moon</b>
<b>Energy Center:</b> (p. 13,51,93,157,170)	<b>red Jasper</b> $SiO_2$ - Primary Power (p..42,98,103,111,114,133,137)
<b>Zodiac sign:</b> (p. 21,57-58,93,94,191)	Sakralchakra
<b>Day of the week:</b> (p.170)	Crab
<b>Time of the days</b> (p.25)	Monday (p.171)
<b>Key numbers:</b> (p. 13,189,190,194,196,197)	13.00-15.00
<b>Toning hand finger:</b> (p.28)	7, 9
<b>Stimulating hand finger:</b>	Small finger - Tones the small intestine, heart and brain activity
<b>Regulating foot meridian:</b> (p.131)	Ring finger - Balances emotions and digestion
<b>Balancing element:</b> (p. 57,59,94,190,191)	Kidney Meridian - stimulates the Primary Force
<b>Activating element:</b> (p. 20,48,57,59,94)	Metal (p.63,82,111,136,137,144)
<b>Beneficial activity:</b> (p.42,47,69,186-188)	Air (p.102,118,125)
<b>Strengthening foods:</b> (p.51,59,63,143,158,168,170)	Active lunch/ afternoon break, Afternoon fruits
<b>Harmful foods:</b> (p.59,76-79,127,144,149,151,165)	<u>Foods for the Mental and Soul powers:</u> Apples, pears, watermelon, rice, bananas, cabbage, potatoes
<b>Taste/ Sound/ Light:</b> (p.21,36,191,196)	Alcohol, spicy, fatty and meat foods, opiates
<b>Nourishing herbs/ aromas:</b> (p.23,59)	Bitter / Re- Si / Blue and Red Rays (p.133,173,177,179)
<b>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</b> (p.51,63,157)	Mint, Lavender, Chamomile, Lemongrass, Yarrow, St. John's wort, Anise, Plantain, Nettle, Fenugreek
<b>Risk diseases:</b> (p.190)	Jadeite $NaAlSi_2O_6$ ; $Na(Al,Fe^{3+})Si_2O_6$ Amethyst $SiO_2+(Al, Fe, Ca, Mg, Li, Na)$ Moonstone $(Na,K)AlSi_3O_8$ , Pearl $CaCO_3$ , Emerald $Be_3Al_2(SiO_3)_6$ Citrine $SiO_2$ / Silver $47Ag$
<b>Personal notices:</b>	Chest, Pancreas, Stomach, Ulcer, gastric gas, tumors

