

Table 8: ENERGY ELEMENTS AND ENERGETIC MANIFESTATIONS OF THE THYROID GLAND

Ruling Zodiac Sign: **TAURUS** / Ruling Planet: **Venus**

Soul Desire: **Conscious Power** / Zodiac Principle: **Possession**

Flowing Life Energy: (p.21)	The inflammable YANG
Element: (p.21,57-58,94)	Earth / Flame
Season/ month: (p.21,93)	Spring / May
Color: (p.21,57-58,94)	Blue-Green / Red-Purple
Natural force, climate: (p.21)	Wind and Sun
Energy meridian: (p.24)	Meridian of Yang-energy of Triple heater
Mental manifestation/ Soul aspiration: (p.13,192)	Conscious expression: (p.182) Emotion, Feeling, Expression, Speech, Perception, Understanding, Curiosity, Possession
Governing Spiritual Power/ Expression: (p.157)	Intuitive Power: (p.179) Sense, Harmonization, Love, Heartiness, Perfection, Empathy
Physical expression: (p.13-15,57-58,94)	Metabolism, Circulation, Hormonal balance, Satisfaction, Delight
Sense: (p.21)	Heat / cold; Thirst / satiety
Nourishing Yin Organ: (p. 20,94)	Heart (p.115) / Liver (p.104)
Controlling Yang Organ: (p.20,21,48,93)	Stomach (p.125) / Gallbladder (p.108) // Colon (p.139)
Dependent Yin Organ: (p.57-58,94,190)	Kidneys (p.95)
Governing organ: (p. 93)	Brain – Pituitary – Thyroid gland (p.32,36,39,42,69,116,187)
Sensory organs: (p.21,186,196)	Vision / Voice / Hearing / Sensation
Ruling planet/ Stone of the governing Spiritual Power/ Energy Center: (p. 13,51,93,157,170)	Venus Amazonite $KAlSi_3O_8$ – Intuitive Power (p.40,42,133,137)
Zodiac sign: (p. 21,57-58,93,94,191)	Taurus 
Day of the week: (p.170)	Friday (p.179)
Time of the days (p.25)	21.00-23.00
Key numbers: (p. 13,189,190,194,196,197)	3, 6, 7
Destructive emotional/ mental manifestation (p.21,27 33,38,57-58,150,159,180,190,192)	Stubbornness, Addiction, Ambition, Laziness, Egocentrism, Stiffness, Obstinecy, Perseverance
Regulating hand finger: (p.28)	Ringfinger – tones the Heart energy
Toning hand finger:	Middle finger – activates Intuitive energy
Stimulating hand finger:	Thumb – stimulates Conscious energy
Regulating foot meridian: (p.131)	Gallbladder meridian - Emotional energy; Liver meridian - Heart energy. Kidney meridian – Conscious power.
Governing element: (p.20,21,24,48,93,94, m.36)	Metal (p.51,63,92,111,114,136-137,143)
Activating element: (p.20,48, 57,59,94)	Tree (p.104,108,117)
Balancing element: (p.57,59,94,190,191)	Earth (p.20,40,99,117,121-123,133)
Nourishing element: (p.20,48, 57,59,94)	Water (p.95, 102, 106, 119, 137)
Destructive/constructive element: (p.20,93)	Air (p.102,118,125,133,135)
Beneficial activity: (p.42,47,69,186-188)	Deep stomach breathing, Concentration, Activity
Strengthening foods: (p.51,59,63,143,158,168,170)	<u>Foods that strengthen the Heart Energy and Consciousness:</u> Cow cheese, olives, apples, peas, rice, walnuts, carrots, turnips
Harmful foods: (p.59,76-79,127,144,152,165)	Excessive intake of carbohydrates/sugars/ pastry/ sweeteners
Taste/ Sound/ Light: (p.21,36,191,195)	Sour / Mi-La / Sky blue, Pink, Violet Rays (p.133,182)
Nourishing herbs/ aromas: (p.23,59)	Balancing tea: calendula - nettle - yarrow; rose, lavender, indrishe; spices: oregano, mint, rosemary
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)	Malachite $Cu_2CO_3(OH)_2$, Jade $Ca_2(Mg,Fe)_5Si_8O_{22}(OH)_2$ Lazurite $(Na,Ca)_8[(S,Cl,SO_4,OH)_2(Al_6Si_6O_{24})]$, Emerald $Be_3Al_2(SiO_3)_6$ Aquamarine $Be_3Al_2Si_6O_{18}(Fe^{2+})$, Apatite $Ca_{10}(PO_4)_6(OH,F,Cl)_2$, Rose quartz $(Ti, Mn,Fe^{2+}) SiO_4$, Pearl $CaCO_3$ / Copper $_{29}Cu$
Risk diseases: (p.190)	Metabolic disorders, Weak mental activity, Mental disorder, Autoimmune diseases
Personal notes:	