



Chapter 5: Thyroid Gland

"OUR BUTTERFLY OF HAPPINESS"

The thyroid gland is located on the trachea in the throat area and has the shape of a butterfly. As incredible as it sounds, it is this "butterfly" that **often attracts our luck and happiness**. It controls the rate of energy expenditure in the body, protein synthesis, sensitivity to other hormones, regulates metabolism and water balance, oxygen supply to cells, but also some immune manifestations, provides the necessary conditions for growth, cell regeneration and development of musculoskeletal system. With the help of sodium, the trace elements iodine and selenium, and the amino acid tyrosine, the thyroid gland synthesizes thyroid hormones: **triiodothyroxine**, which regulates growth, development, temperature and heart rate; **thyroxine**, which regulates metabolism; **calcitonin**, which regulates calcium and phosphorus. The activity of the thyroid gland is controlled by the pituitary gland, through the stimulating hormone TSH, which is activated in the absence of thyroid hormones. TSH is suppressed by the hormone somatostatin at high levels of glucocorticoids (cortisol), and by estrogen and testosterone at high levels of iodine. (p.33,34,35,46,51,63,83,115-116)

Excessive production of thyroid hormones, which are most often stimulated under conditions of prolonged stress and daily diet with excessive amounts of iodine (iodine supplement in combination with iodized salt, seafood, salmon, sushi, seaweed, brown algae), **can lead to an overactive thyroid**. The health consequences can be: weight loss, rapid heartbeat, frequent urination, high blood sugar and low cholesterol levels, heat intolerance, overemotionality, psychosis, anxiety neurosis, panic, insomnia, osteoporosis etc. Such conditions are often associated with **severe kidney damage**. (p.27,98)

Conversely, **decreased thyroid hormone production**, potentiated mainly by prolonged iodine deficiency or elevated levels of the stress hormone of cortisol due to excessive carbohydrate and fat intake, but also under stress, is characterized by **hypothyroidism**. (p.34,45,168-169)

In this condition there is a specific increase in overweight, loss of appetite, **slow metabolism**; low or high sensitivity to cold; hoarse voice, impaired hearing; impaired memory and concentration; swelling in the limbs, hair loss, heavy menstruation, rapid breathing, dry skin; constipation, gastrointestinal disorders; elevated cholesterol, liver enzymes or creatinine; emotional disorders, depression, etc. (p.21,43,54,116)

The activity of the thyroid gland is highly dependent on:

- climatic conditions;
- the radiation background in the environment;
- generation of free radicals in the body;
- diet and habits;
- lifestyle and the degree of stress in everyday life;
- the way of expressing the individuality - the character and the emotions.

As derivatives of the amino acid tyrosine, →dopamine→norepinephrine→adrenaline, stimulated by our ambitions, fears and negative emotions, also have the ability to involve thyroid hormones in various metabolic processes. If we ignore our intuition for a long time just because we are strongly convinced of our own nature and rightness, persistently imposing our Ego on others, there is a risk of concluding thyroid function in the continuous maintenance of **anabolic processes** due to cyclically activated dopamine. (p.24,29,33,34,36,44,116,123,137,159,179) Conversely, if we constantly strive to prove ourselves to the world, suppressing our individuality and neglecting our inner aspirations to serve one's domineering Ego, we can cause increased activity of the thyroid gland. With such an attitude, the systemic activation of norepinephrine and adrenaline stimulates **catabolic processes** that deplete our own strength and essence. (p.33,35,44,95,96-99,133,153,160,167) In both cases, we force the thyroid gland to "switch" the work of our immune system against our own body. (p.79,85,86)

The thyroid gland controls the meridian of the "Triple Heater" - regulating the combined function of the Kidneys, Heart and Liver in the distribution of energy and hormonal balance. **It is the one that creates the necessary heat for the kidneys in cold conditions, and the necessary coolness and moisture for the liver in dry heat conditions**, maintaining the balance between Yin energy of the kidneys and Yang energy of the liver, by regulating the heart rhythm. (p.20,24,25,32,57-58,95,104,108,117,190)

Our Intuitive power is expressed through the thyroid gland, which controls or potentiates the destructive energy in our body, depending on the clarity of our thoughts and feelings. (p. 32,42,57-58,102,116-117) Given for mastering to the astrological signs of the earthly Taurus and the waterly Scorpio (p.93,193), **Intuitive power is a manifestation of the primary earthly existence** (p.42,102), possessed by every earthly organism, regardless of its shape, type or number of cells. Through intuition, all living organisms move, feed and orient themselves in space. Intuition is the manifestation of the Supreme Mind. This power is especially pronounced in birds. For example, the moment the young ducklings hatch, even before they have developed a conditioned reflex to food or favorable conditions, they go in the right direction. In humans, intuition manifests itself on five levels: **of physical** (under the sign of Taurus p. 41), through cellular metabolism and hormonal signaling; **instinctively** (under the signs of Virgo p.124 and Gemini p.118), through Soul sensitivity and feeling; **of the heart** (under the sign of Libra p.134), through the manifestation of the Spiritual power; **of the mental** (under the sign of Scorpio p.138), through the power of our Mind; and **of the conscious level** (under the sign of Aquarius p. 103), through the forces of awareness, Love and Wisdom.

In order to consciously "attract luck to our side," we must know the energies that control and flow through the thyroid gland. (p.32,94,116,179,191,192)

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) Throat chakra
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 - Primary energy; The base of the big toe.
Balancing element: (p. 94,57,59,190,191)	Water (p.99,102,106,119,137)
Activating element: (p. 20,48,57,59,94)	Tree (p.106,111)
Beneficial activity: (p.42,47,69,186-188)	Deep stomach breathing, Concentration, Activity
Strengthening foods: (p.51,59,63,143,158,168,170)	Foods that strengthen the Heart Energy and Consciousness: 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:	

In order to keep the "BUTTERFLY OF LUCK" landed on our shoulder, it is necessary to balance our emotions and wisely follow our dreams without turning them into stones on our personal path to happiness. **We perceive intuition as our sixth sense**, which protects us from trouble by anticipating events. When we ignore this feeling, we gradually lose our sense of it, subordinating intuition entirely to the impulses of our emotions, ambitions, whims, dictated by our Ego. Thus, intuition remains locked on a physical level, circulating between our desires, passions, hunger, conditioned reflexes and hormones, causing various physical ailments that we must subsequently fight. **In search of the causes of lost happiness in the world around us**, we wander through the "labyrinth of our psyche", unconsciously producing defects and failures that destroy our true values and gifts, leaving them deeply buried in the "Ark of our Soul". Blinded by the brilliance of the rewards that the Ego promises us, we miss the chance **to meet and manifest Our True Selves**. We pass the "threads of Ariadne" and remain deaf to the voice of Intuition, which quietly but constantly whispers to us: "*...to be happy is the way ...*" telling us the right choice - the direction of Our Personal Path. (p.16,29,36,37-38,43,146-148,149,150,152,153,156,170)

It is the thyroid gland that forces us, consciously or not, **to become acquainted with the true nature of our Ego**, sending us various physical or mental tests through hormonal signaling, some of which are autoimmune in nature. (p. 43,57,86,160,192) Thus, our Sixth Sense forces us to go deeper into the "Fortress of our Ego", to listen to our inner voice, **to rediscover the "Temple of our Self"**.

THE ENNOBLING POWER OF INTUITIVE ENERGY

In order to be able to fully use the Intuitive Power, it is necessary to know and **master the primacy in all its manifestations**. Reactive Calcium (Ca ++), controlled by thyroid hormones, is the carrier of the Primary Force in our bodies, expressing our Ego and conductor of Intuition. The reactivity of calcium, which determines the health of the skeletal, immune and cardiovascular systems, depends on the way we use the Primary Force. **The insight of our Intuition** depends above all on the Cordiality with which we treat ourselves and others. Hard-hearthidness, for example, stiffens bones and joints, calcifies blood vessels, arteries, and even! our intuition, and faint-hearthidness "eats the muscles and phosphorus in the bones." **The power of our Soul** (*applied bodies through magnesium Mg ++*) can **unlock our Heart Energy** (*expressed through the element of chlorine Cl- in our bodies*) with which we can freely receive and give **the Love of the Spirit** (*carried by phosphorus P*). Adenosine triphosphate (*containing three phosphorus molecules and forming a powerful energy complex with magnesium ATP-Mg²⁺*), is the cellular energy currency (*the physical expression of Spiritual Power*), through which almost all life processes in our body take place. Energy exchange, ie. **the Intuitive circulation in our life depends on the Heartiness with which we apply the Primary force in the three levels of Consciousness**, manifested on a physical level through the elements of Intuitive Potassium (K⁺), Reasonable Sodium (Na⁺) and Conscious Sulfur (S). (p. 51,157) **Only in a state of inner peace can we perceive the voice of Intuition**, which gives us the necessary solutions. In our bodies, this balance is maintained by the elements of potassium and chlorine. Cellular metabolism, which synthesizes ATP energy, is driven by sodium-potassium transport, depending on the electrochemical charge of calcium. (p.13,14,15,17,18,29,33,35,36,44,51,63,100,102,111,117,123,132,133,137,144,145,174,176,179,182)

CONSCIOUS METABOLISM - A CONTRACT FOR A FULL LIFE

Life is a constant confidential exchange of Love. *Our metabolism shows whether we are good conductors of Love, whether we bring enough care and gratitude into this trusted partnership with life.* (p.13,17,32,43,93,99,144,157,161,189)