

**Table 27: ENERGY ELEMENTS AND ENERGETIC MANIFESTATIONS OF THE GALLBLADDER**

Ruling Zodiac Sign: **ARIES** / Ruling Planet: **Mars**  
 Soul Desire: **Primary Force** / Zodiac Principle: **Existence**

<b>Flowing Life Energy:</b> (p.21)	<b>Yang energy distributor</b>
<b>Element:</b> (p.21,57-58,94)	Leafing Tree / Fire
<b>Season/ month:</b> (p.21,93)	Spring / April
<b>Color:</b> (p.21,57-58,94)	Green / Red
<b>Natural force, climate:</b> (p.21)	Wind / Sunbeams
<b>Energy meridian:</b> (p.24)	Yang meridian energy of the gallbladder
<b>Mental manifestation/Soul desire:</b> (p.13,192)	<b>Primary Force:</b> (p.173) Primary Awareness, Perseverance, Order, Persistence, Ambition, Consistency, Stubbornness, Urgency
<b>Governing Spiritual Power/Expression:</b> (p.157)	<b>Spiritual Power:</b> (p.184) Understanding, Justice, Existence, Use
<b>Physical expression:</b> (p.13-15,57-58,94)	Detoxification, Metabolism, Nutrition, Comfort
<b>Sense:</b> (p.21)	Flexibility / stiffness; Vision / blindness
<b>Nourishing Yin Organ:</b> (p. 20,94)	Liver (p.104)
<b>Controlling Yang Organ:</b> (p.20,21,48,93)	Bladder (p.101)
<b>Depending organ system:</b> (p. 20,48)	Heart (p.114) / Essential Blood / Immune System (p.80)
<b>Governing organ:</b> (p. 93)	Gallbladder (p.108)
<b>Sensory organs:</b> (p.21,186,196)	Eyes / Vision
<b>Body tissues, related organs:</b> (p.21,48)	Tendons, muscles, nails
<b>Destructive character:</b> (p.21, 27,33,57,152,192)	Selfishness, pride, impatience, anger, impulsiveness, criticism, perseverance, recklessness.
<b>Ruling planet/Stone of the Governing Spiritual Power/ Energy Center:</b> (p. 13,51,93,157,170)	<b>Mars</b> Citrine SiO <sub>2</sub> - Spiritual Power (p.42,102,111)
<b>Zodiac sign:</b> (p. 21,57-58,93,94,191)	Aries 
<b>Day of the week:</b> (p.170)	Tuesday (p.173)
<b>Time of the days</b> (p.25)	23.00-01.00
<b>Key numbers:</b> (p. 13,189,190,194,196,197)	2, 5
<b>Toning hand finger:</b> (p.28)	Medium - Stimulates detoxification
<b>Stimulating hand finger:</b>	Thumb - Activates the consciousness and Power of Love
<b>Regulating foot meridian:</b> (p.131)	Gallbladder Meridian - Emotional Energy
<b>Balancing element:</b> (p. 57,59,94,190,191)	Water (p.99,102,106,119,137)
<b>Activating element:</b> (p. 20,48,57,59,94)	Air, Light (p.105,111,131,133,135,144)
<b>Beneficial activity:</b> (p.42,47,69,186-188)	Mode: eating - work - creative rest - sleep
<b>Strengthening foods:</b> (p.51,59,63,143,158,168,170)	<u>Foods that stimulate Cordiality and Intuitive power:</u> lemons, greens, olive oil, olives
<b>Harmful foods:</b> (p.59,76-79,127,144,149,152,165)	Alcohol, salty, spicy, fatty and sugary foods
<b>Taste/ Sound/ Light:</b> (p.21,36,191,196)	Sour / Si-Do / Green and Red Rays (p.171,173)
<b>Nourishing herbs/ aromas:</b> (p.23,59)	Chicory, Marigold, Black radish, Horseradish, Mustard, Chamomile, Sour thistle, Basil, Black pepper (flavor)
<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)	Ruby Al <sub>2</sub> O <sub>3</sub> :Cr, Coral Jadeite NaAlSi <sub>2</sub> O <sub>6</sub> ; Na(Al,Fe <sup>3+</sup> )Si <sub>2</sub> O <sub>6</sub> Diamond C, Amethyst SiO <sub>2</sub> +(Al, Fe, Ca, Mg, Li, Na) Rise quartz (Ti, Mn,Fe <sup>2+</sup> ) SiO <sub>4</sub> , Jasper SiO <sub>2</sub> / Iron <sup>26</sup> Fe
<b>Risk diseases:</b> (p.190)	Face, scalp, brain, head, eyes, headache, acne, dizziness
<b>Personal notes:</b>	