



HEART FUNCTION DEVELOPING ENERGY

The **left** spleen flow goes from the left 3rd rib, enters the heart and turns into the flow that creates the **left** Heart Function Energy at 12 noon. The heart flow goes out the four exits of the heart (ancient anatomy says there are five exits of heart energy, the fifth being the node behind the heart that controls the heart beat).

Exit 1 goes from the heart directly into the lung, circulates inside the lung and branches into “A” and “B”.

“A” flows directly into the third thoracic vertebra and comes out to the chest and goes through the lung, trachea and esophagus. T-3 is Air, lung and the heart pumps the Air throughout the body.

“B” descends, turns to the back of the armpit, goes across at TV-7 (diaphragm) and enters right kidney.

Exit 2 goes out the lower exit of the heart, descends through the diaphragm, through the spleen and pancreas, follows the pancreatic duct and enters the left small intestine about 1 inch above the umbilicus and circulates the left small intestine; flows above the pubic bone and scatters in the right small intestine.

Exit 3 ascends from the 3rd front rib, sandwiching the left side of the throat, goes behind the left eye and enters the left cerebrum. Participates with the liver energy to create the left Cerebrum flow.

Exit 4 ascends the chest area a short way, flows into the left lung. From the lung it circulates through the trachea, comes out to the left armpit, goes up the outside of the inner upper (lateral-to-central front) arm, out to the inside of the elbow (center front) and along the midline of the inside of the forearm through SEL 17,

goes to the backside of the inner tip (medial side, next to the 4th finger) of little finger, through and out of nail and turns into the flow that creates the **left** Small Intestine Function Energy at 2 PM.

Heart flow self help

Left flow

Left hand: left shoulder (SEL 11)

Right hand: left wrist, little finger side (SEL 17)

Right hand: under right collar bone (SEL 22)

Right hand: under right rib cage (SEL 14)

Right hand: right groin area (SEL 15)

Right hand: inner left knee (SEL 1)

Right hand: inner left ankle (SEL 5)

Right hand: under left big toe (SEL 7)