

Body-Feedback for Massage Therapy and Yoga Master Summer Sheet

First Trisection	Lung	Large Intestine	Stomach	Spleen
Muscle Associations	Serratus anterior Deltoids Coracobrachialis	Iliotibial band Hamstrings Quadratus lumborum	Pectoralis-clavicle Neck flexors Brachioradialis	Latisimus dorsi Upper trapezius Triceps
Organ Referral	Below lateralend of clavicle bone	Lower right abdomen	Lineal alba above umbilicus	Left lower rib cage
Meridian Alarm Point	Lung 10	Large Intestine 5	Stomach 41	Spleen 2
Organ Alarm Point	Lung 5	Large Intestine 11	Stomach 36	Spleen 9
Time on clock	3-5 am	5-7 am	7-9 am	9-11 am
Astrological Influence	Aries - Early Spring	Taurus - Miid Spring	Gemini - Late Spring	Cancer - Early Summer
Imbalanced Emotions	Grief/Sadness Low self-esteem Impulsive/Impatient	Burdened Stuck and blocked Difficulties letting go	Scattered Spacey Overstimulated	Worried/Insecure Over protective Needy
Second Trisection	Heart	Small Intestine	Urinary Bladder	Kidney
Muscle Associations	Subscapularis	Quadriceps Abdominals	Peroneus Erector spinae	Psoas
Organ Referral	Left shoulder blade	Ribcage-abdominal attachment	Above pubic bone	Mid to low back/inner thigh
Meridian Alarm Point	Heart 8	Small Intestine 5	Urinary Bladder 60	Kidney 2
Organ Alarm Point	Heart 3	Small Intestine 8	Urinary Bladder 40	Kidney 10
Time on clock	11-1 pm	1-3 pm	3-5 pm	5-7 pm
Astrological Influence	Leo -Mid Summer	Virgo - Late Summer	Libra - Early Fall	Scorpio - Mid Fall
Imbalanced Emotions	Melancholy/Depressed Arrogant/Self-absorbed Self-doubt	Narrow-minded Obsessed with details Self-critical	Indecisive/Sabotaging Detached Inflexible	Grudges/Over controlling Self-destructive Betrayed/Unconscious
Third Trisection	Pericardium	Triple Burner	Gallbladder	Liver
Muscle Associations	Gluteus medius Piriformis	Teres minor	Anterior deltoid Fascial adhesions	Pectoralis-Sternal attachment
Organ Referral	Diaphragm and entire ribcage	Side line of torso	Right side of lower edge of ribcage	Right side of front of ribcage
Meridian Alarm Point	Pericardium 8	Triple Burner 6	Gallbladder 38	Liver 2
Organ Alarm Point	Pericardium 3	Triple Burner 10	Gallbladder 34	Liver 8
Time on clock	7-9 pm	9-11 pm	11-1 am	1-3 am
Astrological Influence	Sagittarius - Late Fall	Capricorn - Early Winter	Aquarius - Mid Winter	Pisces - Late Winter
Imbalanced Emotions	Manic Fanatical/Over-Zealous Lack of Direction	Rigid/Repressed Rule-bound Tied to expectations	Rebellious/fears change Feeling Misunderstood Detached/Aloof	Angry/Irritable/Anxious Overly sensitive Illusive/Addictive