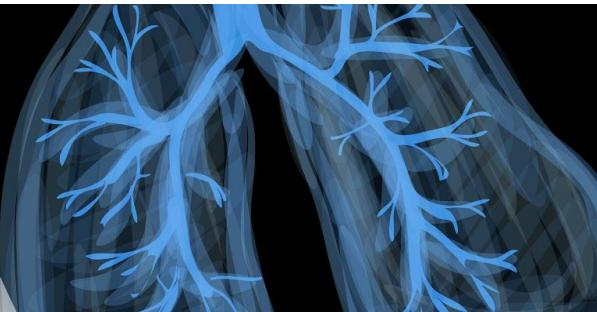


## Mental and Emotional ASPECTS OF THE *lungs*

From a physical standpoint, the lungs have a connection to constipation. If the body can't let go, this is the result. If the mind can't let go, you might feel stuck, and unwilling to change.



### Mental and Emotional Aspects of the Lungs

As an acupuncturist, I am constantly assessing. Before my patients answer a single question, I am taking in cues as to what types of imbalances might be going on. In five-element acupuncture, the five major organ systems are the kidney, liver, lung, heart and spleen. When any of these systems are out of balance, certain physical, mental and emotional issues can manifest. Even if you aren't experiencing a specific health issue, however, you will likely display particular personality traits that fall within these five organ systems. In the five-element world, the lungs are connected to the element of metal.

So what does this mean? Metal is rigid, unbending, set in its structure. Someone who is a lung-type would take comfort in rules, reason and rationality. This person is someone who likes to maintain a sense of control over himself and his environment. To a lung personality, it is important that their world is in order, and that it makes sense. The lung also controls the emotion of grief, and the idea of letting go. Someone with a lung imbalance might have an aura of sadness or loss, or have difficulty letting go of past suffering.

So, as a practitioner, what might I see that would demonstrate a lung personality in a prospective patient? These types of patients might not be overly warm and fuzzy, but they would display good manners and a respectful air. They would likely be right on time for their session, paperwork filled out completely and perhaps have a number of questions regarding exactly what they should expect following their session. In any of the organ systems, an imbalance would cause these personality traits to become more pronounced. In the case of lung energetics, a polite manner might come across as aloof; an orderly nature might transform into the desire to control the people around you; perfectionism can result in frustration with both self and others.

Remember what I said about letting go? From a physical standpoint, the lungs have a connection to constipation. If the body can't let go, this is the result. If the mind can't let go, you might feel stuck, and unwilling to change. Or, you may simmer over past grievances, unable to move on. You might also

become frozen by your desire for perfection. Since the lung is all about correct, fair behavior, it may be hard for a lung type to think outside the box, or to come up with creative solutions.

If you fall into this category, acupuncture can work wonders on helping you to relax, soften and release old, negative patterns that have become stuck within.