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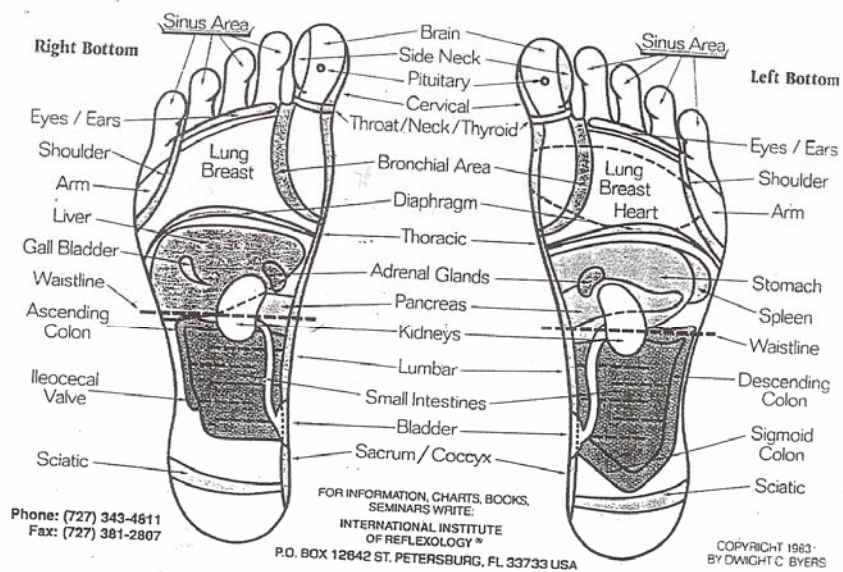
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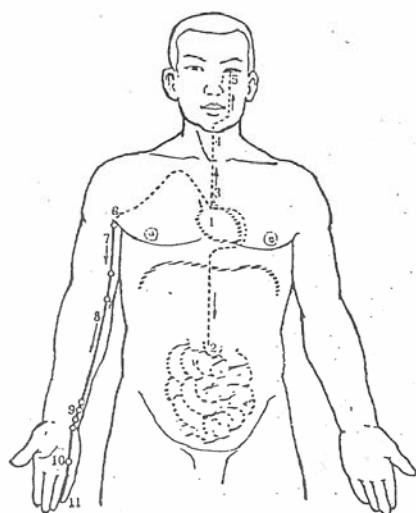
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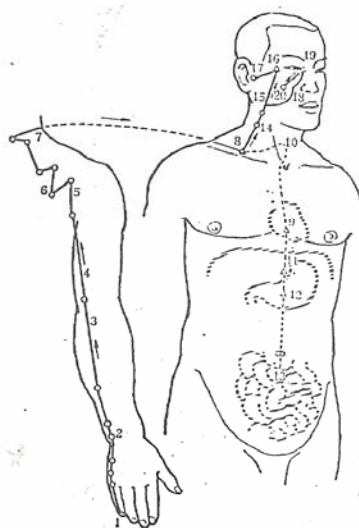
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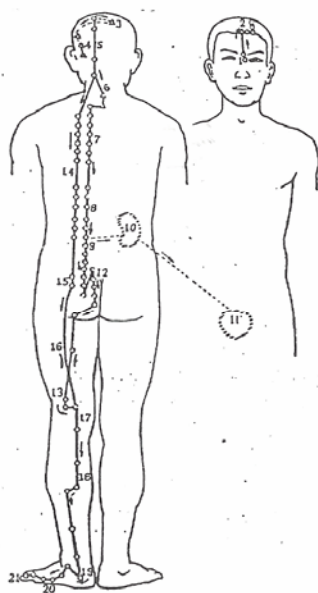
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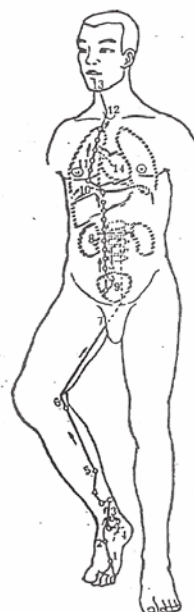
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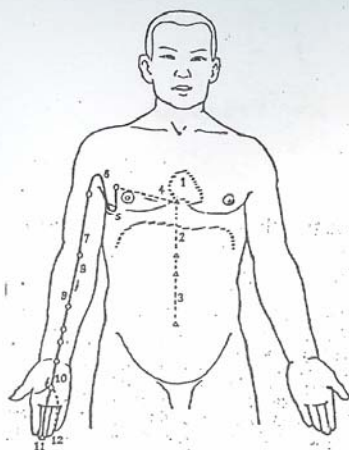
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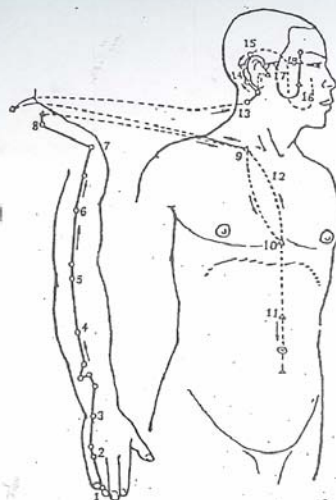
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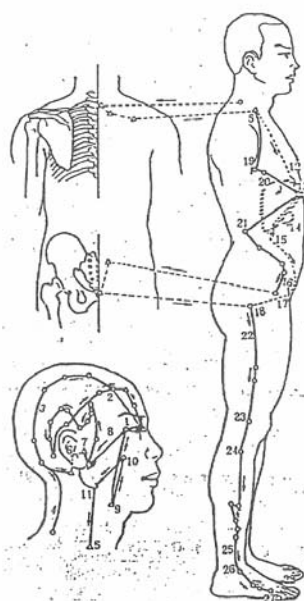
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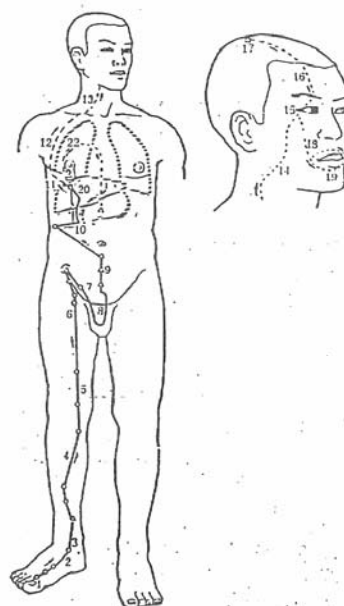
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THE LIVER MERIDIAN
(Zu-jue-yin gan-jing)

Appendix C: The Five Elements

FIVE ELEMENTS CATEGORISATION CHART

ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
SEASON	Spring	Summer	Late summer	Autumn	Winter
CLIMATE	Wind	Heat	Damp / humid	Dry	Cold
TIME	Gallbladder 11pm-1am; Liver 1-3am	Heart 11am-1pm S/I 1-3pm Pericar. 7-9pm T/burner 9-11pm	Stomach 7-9am Spleen/pancreas 9-11am	Lung 3-5am Colon 5-7am	Bladder 3-5pm Kidney 5-7pm
DIRECTION	East	South	Center	West	North
SENSE ORGANS	Eyes	Tongue	Mouth/lips	Nose	Ears
TISSUES	Muscles, ligaments, tendons	Blood vessels	Fatty, connective tissue	Skin, body hair	Bone, teeth, bone marrow
BODY FLUID	Tears	Perspiration	Saliva	Mucous	Spittle around teeth
EXTERNAL PHYS. MANIFESTATION	Nails	Complexion (reddish)	Flesh	Skin, body hair	Quality of head hair (e.g. baldness)
EMOTION	Anger	Joy / happiness	Sympathy, compassion, desire	Grief, worry	Fears, phobias, anxiety
SOUND	Shouting	Laughing	Singing	Crying, weeping	Groaning
FLAVOUR	Sour	Bitter	Sweet	Spicy	Salty
COLORS	Green	Red	Yellow	White	Blue/black

Abbreviations:

Pericar: pericardium

S/I : Small intestine

T/burner: triple burner

EXAMPLES OF INTERPRETATIONS IN TERMS OF THE FIVE ELEMENTS:

- Participant X experiences problems manifesting in terms of the **WOOD**-element, as he suffers from eye problems (related **sense organs**); he struggles with **fine motor skills** (muscles = related **tissues**); he often has to take something to relieve nausea (**liver** = related **organ**). He also tends to become **angry** quickly (related **emotion**), and his toenails are elevated from the nail bed on the **lateral side of both big toes**, which indicates congestions along the **liver meridian**.
- TWO of the FIVE ELEMENTS are prominent here:
Primarily, the **EARTH**-element, since the **pancreas** (related **organs**) play such a significant role (the bunions; the problems with the reproductive system); the fondness of **yellow** (related **colour**), and of **sugar** (related **flavour**). The pancreas problem is further confirmed by the fact that she desperately needs something to eat at morning tea time (around 10h00) (**pancreas-related time slot**).

Secondary, the **WATER-element** is significant, as this relates to her **bladder problems** (related organ), and the **profound tiredness** that she experiences in the **afternoon** (related time).

3. In the case of participant Y, the **WATER-element** seems to be the most prominent, since the participant tends to experience "**feeling cold**" (related climate), and consequently and has to wear warm clothing almost all the time. He experiences severe **bladder problems** (related organ). He also has frequent problems with his **teeth** (related tissues); the quality of his head **hair** is deteriorating (**external physical manifestation**); he constantly experiences cravings for **salty food** (related flavour), and he "**fears**" lecturing - thereby displaying the presence of **phobias and anxiety** (related emotion).

Secondary, the **METAL-element** seems significant, since he has **lung and colon problems** (related organs), his **skin** is 'loose' (**external physical manifestation**); he often has to deal with **mucus** (related body fluid) on his lungs, and he tends to **worry** (related emotion).

4. Participant Z identifies mostly with the **WOOD-element**, since
- She has **liver and gallbladder problems** (related organs);
 - She presents with **eye problems** (**itchiness and myopia**; eyes: related sense organs);
 - The **emotion and sound** associated with the **WOOD-element**, namely **anger**, as she often shouts at her husband and children;
 - Her **nails** (**external manifestation**) are in such a poor condition (they easily tend to split), that she has had to resort to acrylic nails;
5. In case of participant W, I wish to propose that the **WOOD-element** is the most dominant, since
- He presents with **congestions along the meridians related to the liver and gallbladder** (related organs);
 - He tends to wake up at **01h00** (the time of day relating to the optimum function of the liver);
 - His **feet** are distinctly **high arched** - (due to over-emphasised **tendons**: related tissues);
 - He suffers from **myopia** (related sense organs);
 - In his own words, he still **harbours some bitterness** towards his ex-wife for leaving him for another man, and **bitterness being related to gall**, the secretion of the liver and stored by the **gallbladder**).

(Taken from the work done for the Diploma in Reflexology and Meridian therapy.)

Appendix D: Symbolic interpretation of dis-ease experienced

MERIDIAN	PHYSICAL MANIFESTATION: problems with/on/along :	Symbolic interpretation of psychological experience
Lung - (Yin)	Thumb to shoulder; lungs; large-intestinal; mineral-related problems -> Mg-shortage -> hiccups	Suppressed crying. Fear of life; not wanting to be here.
Large intestine - (Yang)	Index finger, forearms, elbow, lateral part of upper arm; trapezius, nose, lungs, large int. (e.g. diarrhoea).	Diarrhoea: fear; very eager to convey feelings; gut level fear. Haemorrhoids: anger and frustrations.
Stomach - (yang)	Cheeks (acne), sinus, mouth, and its corners, teeth, snoring, tonsillitis, thyroid and throat, nipples, intestines, top of knee, 2 nd and 3 rd toes. Poor nutrition.	Acne: not accepting the self; feeling unloved. Throat; tonsillitis: fear; restrained creativity. Thyroid: victim. Mouth: difficulty formulating new ideas.
Spleen /pancreas - (Yin)	Bunions; medial side of big toe, knee, leg; female reproductive system; outer breast; thyroid.	Irritability; concentration; depression. Diabetes: deep sorrow; no sweetness left. Women: creativity problems.
Heart - (Yin)	Little finger (inner side) - inner arm - armpit; heart	Love; fear of losing love and emotional security.
Small intestine - (Yang)	Little finger (outer side) - elbow - shoulder; ear; heart; spontaneous perspiration / feeling cold; top of knee; poor circulation in legs	Sorting / classification. Ears: rejection; isolation; "Don't bother me" -syndrome.
Bladder - (Yang)	Little toe / pigeon toes; back of leg; spine; back of head (e.g. baldness); fore-head; eyes.	Spine: lack of support (upper: emotional; middle: guilt ('get off my back'); lower: money). Baldness: fear. Bladder: fear; loss of power.
Kidney - (Yin)	Underneath feet; ankle; back of leg; urological; inner side of nipple; heart; lungs; hot, dry tongue.	Criticism; disappointment; failure; shame; acting like a kid.
Pericardium- (Yin)	Inner middle finger, armpits, endocrine system (e.g. hot flushes).	Adrenals: defeatism.
Triple burner- (Yang)	Ring finger, wrist bone, outer side of lower arm; back of upper arm; shoulder, ear and eye; heart; spontaneous perspiration; malaise; problems between organs as unities; autonomic nervous system.	Intense emotion related to bonding, influencing social relations; Eyes: the capacity to see clearly: past, present and future.
Gallbladder- (Yang)	4 th toe; lateral side of leg and knee; hips; lungs; shoulder; side of face and jaw; bitter taste in mouth; difficulty bending.	Anger and rash decisions; lockjaw: desire to control. Resentment.
Liver- (Yin)	Lateral side of big toe; inner leg; groin and sexual organs; digestive and lung conditions; headache inside head; black spots in front of eyes	Anger, depression and emotional frustrations.
Governing vessel	Governs yang meridians	
Conception vessel	Governs yin meridians	

Meridians versus physical problems

GENERAL PROBLEMS that can relate to more than one meridian:

PHYSICAL MANIFESTATION	Symbolic interpretation of psychological experience
Abscesses	Acidifying, fermenting thoughts over hurts, slights and revenge.
Aches and pains; bleeding.	Lack of love; emotional pain. Need of touch. Self criticism.
Addictions; anorexia; insanity; nail-biting	Escape; bondage; self-hate leading to self-destruction.
Allergies	Reaction to inescapable situation.
Arthritis	Feeling unloved; criticism; resentment.
Blisters; overweight.	Lack of protection.
Blood pressure:	High: unsolved problems; low: feeling defeated.
Boils, infections; itching; -itis;	Anger. Nursing hurts.
Cancer	Hurt, resentment, hiding something, hatred and lack of forgiveness; poor social relations.
Cholesterol; thrombosis	Restrictions in the flow of joy.
Ear problems (hearing; balance)	Capacity to hear and shut out undesired information by refusing to hear.
Eye problems; miscarriages; frigidity; impotence	Fear of the future. (Impotence can also relate to guilt).
Fingers: (1) thumb; (2) index; (3) middle; (4) ring; (5) little	(1) intellectual worries, learning problems; (2) ego and blame; (3) anger and sex; (4) unions; (5) pride.
Gangrene	Poisonous thoughts.
Gout	The need to dominate; impatience; anger.
Hypertension	Longstanding emotional problem not solved.
Insomnia	Fear; guilt.
Knee problems	Stubborn ego and pride. Inability to bend; inflexibility; refusal to give in.
Migraine	Dislike against being driven; resisting the flow of life; sexual fears (might be relieved by masturbation); might be gallbladder related.
Nausea	Fear, rejecting an idea or experience; might be diet-related.
Neck problems	Refusal to see other sides of question; stubbornness, inflexibility.
Nervousness	Communication problems.
Numbness	Protection from pain.
Lack of balance	Bias; lack of focus.
Post nasal drip	Inner crying. Feeling alone as a victim.
Restriction of movement, i.e. arthritis; ingrown toenail.	Fear of moving forward.
Seasickness; incontinence	Lack of control
Skin problems	Anxiety; fear; emotional irritation.
Snoring; some knee problems	Stubbornness
Teeth problems	Longstanding indecisiveness; inability to break down ideas for analysis and decisions (might be related to poor hygiene).
Thrombosis	Clogging the channels of life and joy.

(cf. Dougans 2000: 216-257; Kaptchuk 1983: 52-80; Hay 1984: 9th ed. 2001: 150-188.)

Appendix E: Summary of The Tree Test

THE KOCH TREE TEST

This projective test was devised by Charles Koch as a way of obtaining *confirmation of some empirical observations in psychology and education*, which means that it has to be used in conjunction with other forms of testing. Therefore, a holistic approach by which all factors are taken into account, is needed. It relies on the expressive nature of a person's drawing as a means of gaining insight into the emotions he/she is experiencing at the time, and interpretation requires the ability to apply graphological and artistic principles in a new way. While at least 80 features have to be taken into account, I have decided to draw up a summary of those features most significant for this study.

Roots:

Divided, closed	connection with the earth; primitiveness; bound to instincts and drives; conservatism; bound to tradition (in the peasant way)
Divided, open	sticking, sucking, seeking support

Trunk shape:

Pointed trunk	Primitive nature; tendency to regression; instinctive; practical rather than theorist
On base of paper	Childlike; narrow horizon; immaturity (unless drawn by a child younger than 8)
Broad on left	Inhibition; bound to mother; failure to free oneself from something
Broad on right	Fear of authority; mistrust; caution; uncooperative
Broad on both sides	Heaviness; inhibition
Wedge trunk	Meanings gradually increasing; manual type; concrete
Straight, parallel	Childlike; exemplary; correct; worthy; strong; imitative; rigid; clear thought
Thickenings and constrictions	Problems in the flow of energies; choking; inhibition; regressions

Trunk outline:

Discontinuous, made up of short strokes	Irritable; impulsive; inner, nervous brittleness
Irregular on left; smooth on right	Inner vulnerability; psychic traumatism; inhibition
Irregular on right; smooth on left	Difficulties in adaptation; liability to conflict
Wavy and smooth	Liveliness; skilled in orientation
Diffuse stroke (stroke separated into parts)	Sensitivity; sensibility; intense empathy; readiness to identify; does not feel boundaries clearly; drifting state

Trunk surface

Scratched; scaly, rough, cracked; strokes pointed, angular, straight; indented	Sensitivity; vulnerability; biting; violent; choleric; criticising; gift of observation; receptive to impressions; sensibility
Strokes curved, round; arched	Need for contact; willingness to orient oneself
Blotched	Severe traumatism; anxiety; lack of clarity
Shading on left	Dreamy; introversive; vulnerability
Shading on right	Capacity for contact

Proportions

Short trunk, large crown	Ambition; self-admiration; eagerness; fanaticism; passionate (if shaped like a flame) Highest on the left: living in the world of wishful thinking; Highest on the right: intellectual ambition
Long trunk, small crown	Normal for pre-school children; later in life: Retardation; infantility; regression to primitive states
Sagging crown	Immobilised emotions; lack of readiness to make decisions; weak-willed
Branch below crown	Regression; misplaced behaviour; statements out of context; foolishness; incalculable; the infant in the adult

The crown

Cloud style and ball style (spaciousness)	Convention; joining the mob; emptiness; childish; fear of resistance to reality; fear of real life; easy-going; impressionability Outline wavy: liveliness; submissiveness; companionable Outline tremulous: nervous; easily disturbed; irritable; indefinite
Branches of crown connected by means of a skin-like frame	Un-communicative; slightly untruthful; cannot be seen through; fear
Crown in curly style	Joy in expression; communicativeness; activity; love of display; extravagance; industry; zeal; extravagant enthusiasm; lack of realism
Ends of branches wrapped in cloud-like balls	Since the hard expression of the branch is covered up; masking and obscuring of intentions; failure to come to close quarters with things; fear of reality; having pleasant manners; impenetrability
Crown with arcade formation	Feeling of form; manners; obliging
Well-trained crown	Trained: not true to oneself; ruled by technique; disciplined; self-discipline; self-denial; the first rate employee; objects ineffectively
Centripetal	Reserved; cannot be diverted; uncommunicative; calmness; self-sufficiency
Centrifugal	Activity; industry; initiative; extraversion; rejecting; defending; division of interests; lack of calmness; impulsive; lack of control
Confusion of lines	Unsteadiness; lack of discipline, orientation, clarity; divided; disorderliness; un-methodological; no full grasp of anything
Fitting together of leaves closely in a row -> like jigsaw puzzle	Cumulative thinking; busy in a trifling way; collecting; additive piling of knowledge without thinking or judgement; mechanical and schematic (best recognised if participant is watched when drawing)
Overlong / straying	Tendency to wander; easily diverted / influenced; reaching out for what lies beyond; unpractical; inappropriateness; even lack of endowment
Flag style	Telling stories; bluff; acting; snobbery; pretentiousness

Branch form

Discontinuities in the branches	Impulsive; distracted; improvising; playful; inconstant; guessing; lacking persistence; wilful; inconsequent; suggesting rather than doing; half doing; disturbances in attention
Single stroke branch	From school age on: retardation; regression
Double stroke	Normal branch formation
Rich, subtle ramifications	Great sensibility; sensitivity; delicacy of feelings; intense impressionability; type: "hears the grass grow"
Outer part of branches sharp	Critical; aggressive.
Welded to trunk	Discrepancy between wish and reality / will and deed; change in occupations / in wrong occupations; thinking in steps; illogically; inner break from forced and genuine endeavour
Branches in harmony	Clarity; composure; calmness; lack of fruitful tensions; indifference
Branches in disharmony	Unrest; easily roused / disturbed; reactive
Undirected co-ordination	Impetuousness; distraction; inconsiderate; disoriented; embarrassed
Stereotypes	Limited field of vision; automatism; no independence of judgement; lack of ability to express oneself
Straight / angular	Stable, firm, resistance; energy; obstinate; readiness for conflict; defiant
Sweeping; wavy	Unconstrained; soft; mobile; open; diplomatic; elegant; sociable; companionable; opportunistic
Even grey	Lack of character; undecidedness; indifference
Stroke crossings	Undecidedness

(Koch 1952)

Appendix F: Copies of letters written to the local high school, in order to assist recruitment of participants

65 NICOLAAS SMIT COURT, HELWAN ROAD, THABA TSHWANE, 0187
(012) 651-2173

3 MARCH 3003

THE HEADMASTER
VOORTREKKERHOOGTE HIGH SCHOOL
THABA TSHWANE

SIR / MADAM

Re: participants for research

I am currently reading for a doctorate in the Department of Educational Psychology, UNISA, on the topic of reflexology. The title for my thesis is: "Facilitating phenomenological interviews by means of reflexology - implications for research in education." (Reflexology is a specific form of therapeutic foot massage, and entails registration with the Allied Health Professions Council, SA.)

I am writing to hear whether you might know of four or five learners (preferably with English as mother tongue) between the ages of 16 and 18 who would be interested in taking part in five sessions of research, each of which will involve the following:

1. a reflexology treatment;
2. a related discussion;
3. the payment of a honorarium of R25,00 per session to those completing five sessions as arranged by the researcher.

Please let me know if you need any further information, then I can fill you in with more details at your convenience.

Yours sincerely
Elma Ross (M.Ed.)

65 NICOLAAS SMIT COURT, HELWAN ROAD, THABA TSHWANE, 0187

10 MARCH 2003

MARIE VAN SCHALKWYK
VOORTREKKERHOOGTE HIGH SCHOOL
THABA TSHWANE

DEAR ME VAN SCHALKWYK

Re: your call on Friday 7 March 2003; letter from D.Ed.-supervisor

I phoned my D.Ed.-supervisor (Prof. Salome Schulze) immediately after we spoke on Friday, but she was unable to help me with a new letter, as she had been waiting to go to the airport.

I will therefore drop off a certified copy of the letter that she gave me some time back, in order to use in all situations such as these. (I have sort of forgotten about it, because no-one has ever asked me before for such letter.)

For further confirmation, you can contact the second supervisor, Dr. Petro Van Niekerk, at 429-4095 (w) (UNISA; faculty of Education), or 667-3491 (h).

At present I need only two more children - preferably boys - as I already have the following girls coming: _____ (in your school), _____ (former pupils from your school). I have known the _____ family for about eight years now, and _____ (_____ mother) is my seamstress for about a year now.

You and/or one of your colleagues are also welcome to pay me a visit if you so wish.

Yours sincerely


Elma Ross

P.S. Please, no-one with a criminal record at this stage.

65 NICOLAAS SMIT COURT, HELWAN ROAD, THABA THSWANE, 0187
(012) 651-2173

30 MARCH 2003

57 NICOLAAS SMIT COURT, HELWAN ROAD, THABA THWANE, 0187

Dear Parents

Re: participants for research

I am currently reading for a doctorate in the Department of Educational Psychology, UNISA, on the topic of reflexology. The title for my thesis is: "Facilitating phenomenological interviews by means of reflexology - implications for research in education." (Reflexology is a specific form of therapeutic foot massage, and entails registration with the Allied Health Professions Council, SA.)

I am writing to hear if you daughter might be interested in taking part in five sessions of research during the coming week, each of which will involve the following:

a **reflexology treatment**;

a **related discussion**;

the payment of a **honorarium of R25,00 per session** on completion of those five sessions as arranged by the researcher.

Please let me know if you need any further information, then I can fill you in with more details at your convenience.

Yours sincerely
Elma Ross (M.Ed.)



APPENDIX G: Letter by participant B

Differences

psychotherapy \Rightarrow you have a time to face what and the psychologist gets to know about your problem through talking and you express whatever is in your heart. Talking about it heals

therapeutic \Rightarrow you do talk but not as much as psychotherapy. The psychologist gets to know which organ is not happy or whether you are healthy or not and I talk more openly with them than with the psychologist.

Similarities

They both heal, it's nice to know that there is somebody who cares about the way you feel and is willing to help. You get to learn more about both careers (I know I have) and learn that there ^{is} more than one way to heal.

