



The Double Aspect of the Heart

Elisabeth Rochat de la Vallee

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Within Chinese medicine the heart is presented as having a double aspect - two functions, two energetic qualities, two meridians. Elisabeth Rochat de la Vallée explores this double aspect of the heart - the heart/mind that regulates emotions and acts as the dwelling place of the spirits, and the heart as governor of blood and the circulatory system - the system which connects and protects. Beginning with a study of the fire element - in both its 'sovereign' and 'ministerial' aspects, Elisabeth then looks at the relationships between the heart and the blood, the connections with the upper orifices and organs of perception, the emotions, and finally explores the meridian pathways of both heart and pericardium, including a discussion of the main acupuncture points.

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