Liver Gallbladder Overview
By Stacy Renz

Liver Description
• Is the strategic long-term planner
• In charge of smooth harmonic flow of energy throughout the body
• Rules tendons and eyes
• Is stressed by anger, taking medications, drinking alcohol, fatty foods

Signs of Imbalance:
✓ Liver problems ✓ Menstrual problems
✓ Gout ✓ Tiredness
✓ Muscular pain ✓ Eye problems
✓ Is an excessive planner ✓ Is a control freak or feels out of control.
✓ Easily frustrated ✓ Inflexibility physically or psychologically
✓ Repressed ✓ Angry
✓ Temper tantrums

Gallbladder Description
• In charge of decision-making and judgment
• Promotes physical suppleness and psychological flexibility
• Helps us see the future with vision and courage
• Rules the ligaments

Signs of Imbalance:
✓ Rigidity in thinking ✓ Trouble making decisions
✓ Gallbladder trouble ✓ Stiff in movement
✓ Migraines ✓ Carry tension in neck and shoulders
✓ Exhaustion

Liver/Gallbladder Mudras

Bhairava: Invokes the spirit of effortless surrender and bliss, the essence of meditation; induces profound calm and peace; especially helpful for fear, anxiety, immune imbalance, heart disease.
   1. Rest the cupped left hand onto your lap
   2. Rest the cupped right hand into the left
   3. Allow the shoulders to relax downward and allow the weight of your entire being to rest down into the earth

Marma: Moves prana into the joints, especially the jaw; great for joint pain and stiffness; arthritis, rheumatoid arthritis, poor sensation in the extremities. (Balances all doshas)
1. Right hand – Place thumb and ring fingers together with other fingers extended.
2. Left hand – Place thumb and middle fingers together with other fingers extended.

Ushas: Facilitates endorphin release, a sense of well being in the abdomen, increases immunity; helpful with cancer.
   1. Women: With palms up, interlace the fingers with the left thumb above the right; gently press down with the left thumb on the right
   2. Men: With palms up, interlace the fingers with the right thumb above the left; gently press down with the right thumb on the left
**Avahana Mudra:** A gesture of receiving universal energies, expands breathing capacity and fills the body with prana; helpful for those who have difficulty in receiving and those with breathing problems.

1. In front of the solar plexus, place the palms up with the edges of the little fingers together
2. Press the thumbs gently into the base of the ring fingers.
3. Other fingers remain together.

**Pushpaputa:** Creates compassion, generosity, openness, and openhandedness; reduces fear of giving.

1. Cup the hands and bring the sides of the little fingertips and ring fingertips together.
2. Form the hands into a loose bowl as if lovingly hold a gift of flowers.

**Samputa:** Creates a sense of reverence for the spiritual treasure within through creating deep calm; especially helpful for those who have difficulty balancing giving and receiving.

1. Cup the hands
2. Place the cupped right hand protectively over the left
3. Create a hollow protected space within the hands
4. Sense the energy contained there

**Mahasirs:** Quiets the senses and brings energy down away from the head; eliminates mucous congestion; releases jaw; helps headaches and sinus problems. Begin cautiously for headaches.

1. Curl the ring finger into the palm of the hand
2. Bring the middle and index finger to the thumb
3. Extend the little finger
4. Rest the back of the hands on the thighs or knees

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**Liver/Gallbladder Affirmations**

My heart is receptive to the promptings of spirit. I am attentive to the guidance unfolding in my life. I am alert to promptings from within and without. I act in the world and I allow the world to act also in my affairs. I expect a responsive universe to react and respond to me. As I become clear and focused for good, my world becomes clear and focused for good. I am a creator engaged in a creative relationship with the world within me and around me. As I create my inner world, my outer world responds in
kind. As I establish peace, prosperity, and joy within my heart, these things are manifest in my outer reality.

My spirit is large enough for any circumstance. I am enough. I have wisdom enough. I have faith enough. I know enough. I do not need to strive or strain. I do not need to reach or worry. I am enough. I allow the universe to act through me. The Universe is more than enough. And so am I.

The Universe is the root of my abundance security. Sourced by the Universe, I am able to be generous. I am as rooted in the wealth of the Universe as a tree is rooted in rich soil. I share with others from the Universe’s unending abundance. As I share Universal abundance, my flow increases. As I celebrate my increased flow, opportunities and occasions for still greater generosity appear to me, presenting themselves as opportunities for my extended faith. Trusting that I am a channel for universal flow, I allow good and abundance to move through me, prospering others and myself. As I prosper others, I am prospered in return.

My heart opens to allow my deepest good. Acceptance, openness, allowing are the keys to manifestation. I do not need to will my good. I need to accept my good. I do not need to will my being loved, I need only accept my being loved. I open my heart to accept and allow the good that I desire. I open my heart to accept and allow the love that I desire. I am in Life and Life is in me. As I yearn for Life, I yearn for my own true nature. As I ask Life to fulfill me, I ask that I fulfill myself. There is no distance, no need to please and cajole, whimper, or manipulate. It is the pleasure of the entire Universe to expand as it desires. My desires are the desires of the Universe. They are fulfilled by the universe acting through me, toward me.

I honor the equal wisdom of all souls. I listen for my own guidance and grant to all souls the same dignity. I trust that as I listen, I am properly led. I trust that as others listen, they too are led properly and perfectly for the highest good of all.

Freedom and dignity characterize my relationships. I release all souls from my agendas for them. I surrender my control and my opinions of the growth and right actions of others. I recognize and accept that divine
guidance is acting within each of us. I allow others to script their lives and their dealings with me according to their needs and guidance.

Time is my friend. My time is expansive and flexible. I have enough time, more than enough time, to accomplish my dreams and goals. I use my time wisely. I understand the fluidity of time. I pace myself with ease, claiming my right to determine my own tempo and rhythm, velocity and trajectory through life. Time does not rule me. Time does not dominate me. I work with time as a flexible tool. I relish my use of time.

Time is my partner. It is my choice to use time festively and expansively. I have plenty of time, more than enough time. I fill my time with love, expansion, enthusiasm, exuberance, and commitment. I both act and rest at perfect intervals. Proper use of time comes easily to me. I set the rhythm of my days and years, alert to inner and outer cues which keep me in gentle harmony. Time is my friend and my partner. I let it work for me. I breathe out anxiety. I breathe in renewal. I neither fight time nor surrender to it. We are allies as I move through life.

**Asana**

*Liver Asana*
Rotated Head to Knee (YTT 45)
Gate (YTT 64)
Triangle (YTT 18)
Crescent Moon against wall with outer leg adducted toward wall (see right)
Lateral Angle (YTT 17)
Warrior 2 (YTT 15)

*Gallbladder Asana*
Pigeon (YTT 37)
Cow Face (YTT 35)
Number 4 Pose (TPM)
Eagle (YTT 76)
Warrior 2 (YTT 15)
Side Angle (YTT 17)
Assisted Asana

**Assisted Asana for Liver**

*Assisted Rotated Head to Knee*
- Ask the client to move into the pose, either holding her right toe or a strap around her right foot.
- Ask to move as deeply into the pose as she can, reaching her left arm overhead.
- Lunge into the client from her left side.
- Resist her left arm from the left for five breaths.
- Ask her to move deeper into the pose.
- Repeat resistance twice more.
- Switch to the other side.

*Assisted Triangle*
- Ask the client to move into triangle with her right foot forward.
- Provide resistance in any of the following ways.
  1. (Top picture to the left) Lunge toward her in the direction of the right leg. Place your hand on the thumb side of her forearm. Press into her forearm, asking her to resist you.
  2. (Lower picture to the left) Lunge toward her from the front, placing your hand on the anterior side of the forearm. Press into her forearm, asking her to resist you.
  3. (No picture) Lunge toward her coming from the direction of the left (back) leg, placing your left hand on the little finger side of the forearm and pressing down on her left hip. Press into her forearm, asking her to resist you.
- After 5 breaths of resistance, ask her to deepen the pose without compromising alignment.
- Repeat the resistance twice more if the client can tolerate it.
- Switch to the other side.

*Assisted Crescent Moon*
- Ask the client to move into crescent moon with her left side to the wall and her right leg crossed over the left.
- Lunge toward her, placing your left hand on the upper arm adjacent to the armpit and the right hand pressing down on the right hip.
- Ask the client to press into you with her right arm as you resist her efforts.
- After five breaths ask her to deepen the pose.
- Repeat the resistance twice more if the client can tolerate it.
- Switch sides.
Assisted Gate

- Ask the client to move into gate pose with the right leg extended to the side.
- Provide resistance in one of the following ways.
  1. (Top picture to the left) Lunge toward her from the front, placing your hand on the anterior side of the forearm. Press into her forearm, asking her to resist you and roll her left rib cage back.
  2. (Top picture on the left) Lunge toward her in the direction of the left leg. Place your hand on the little finger side of her forearm. You can also press down on the left hip (not shown). Press into her forearm, asking her to resist you.
- After 5 breaths of resistance, ask her to deepen the pose without compromising alignment.
- Repeat the resistance twice more if the client can tolerate it.
- Switch to the other side.

Assisted Seated Side Bend 1

- Ask the client to move into a seated side bend position to the left against the wall.
- Kneel beside the client and place your left hand on her shoulder blade and your right hand on her hip.
- As the client reaches her right arm up and over to the left, press down on her hip and shoulder blade.
- Hold for 5 breaths.
- Switch sides.

Assisted Seated Side Bend 2

- Ask the client to move into a seated side bend position to the left against the wall.
- Kneel beside the client and place your left hand on her hip and the right hand on the palm side of her forearm.
- As you press down on the client’s hip and press into her arm, ask her to press her up arm into you for five breaths.
- Ask the client to deepen the pose.
- Repeat the resistance twice more. Ask the client to move into a seated side bend position to the left against the wall.
- Kneel beside the client and place your left hand on her shoulder blade and your right hand on her hip.
As the client reaches her right arm up and over to the left, press down on her hip and shoulder blade.
Hold for 5 breaths.
Switch sides.

**Assisted Asana for Gallbladder**

**Assisted Pigeon 1**
- Ask the client to move into pigeon with her right knee forward and in line with the right hip and the left leg in line with the left hip.
- Prop the buttocks as necessary to align the hips in relation to the wall in front of you and in relation to the floor.
- Ask the client to dorsiflex the right foot and press the right lower leg and foot into the floor.
- Place your hands on the client's hips.
- Ask her to press into your hands as you resist her efforts.
- After 5 breaths ask her to deepen the pose by moving the right leg more toward a right angle and sliding the left leg back.
- Repeat the resistance twice more before changing sides.

**Assisted Pigeon Twist**
- From pigeon with the right leg forward, ask the client to come into a twist with the left arm sliding to the right with the palm up.
- Ask the client to bring the right arm up toward the ceiling.
- Place your palm on the client's palm and ask her to press into you for five breaths.
- After five breaths, ask the client to deepen her twist by sliding the left arm further out and rotating the right arm further back.
- Repeat the resistance twice more before changing sides.

**Assisted King Pigeon**
- Ask the client to move into King Pigeon with the right knee against the wall and the left knee forward.
- Kneel behind the client with your knees against the client's buttocks.
- Ask the client to press into you as you resist her efforts.
- After 5 breaths, ask the client to deepen her stretch by moving her left leg toward more of a 90 degree angle.
- Repeat the resistance twice more before changing sides.
Assisted Number 4 Pose

- Ask your client to move into Number 4 Pose with the left ankle crossing the right thigh.
- With the client’s right foot on your thigh, resistance can be applied in three ways
  1. Stabilize the client’s left leg with your hand on her knee. Press your body into the client’s right leg while the client resists.
  2. With the client’s right foot stabilized against your leg, place your right hand on the bottom side of the right thigh and ask the client to press into you, or
  3. With the client’s right foot stabilized against your leg, place your right hand on the top side of the right thigh and ask the client to press into you.
- After five breaths, ask the client to deepen the pose.
- Repeat the resistance twice more before changing sides.

References

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