

## **EI #2c Central Meridian (CV) Integrity**

Meridians are the interface between physical body and the subtle energy bodies that surround us. Each meridian is associated with an organ, function, muscles, season, emotions, nutrition, sound, colour etc.

The Central Meridian also known as Conception Vessel is said to be associated with the brain and functions as an energy storehouse (battery) for yin (female) qi.

It runs from the perineal region up to the head (the crease of the chin). We can use the electromagnetic charge of our (or the clients) hand to move the energy along the meridian to assess its integrity.

-----

### **Metaphysics**

Yin or feminine energy / aspects eg receiving, stopping, stillness, going within etc.

Observe your current perception of self, others or the world.

How do you present yourself to the world and how do you perceive others perceive you?

Disconnection from your personal power and self identity.

Over or under thinking eg obsession or avoidance.

Releasing subtle / small things / ideas / beliefs etc to reach your goal.

-----

### **Evaluation:**

1. Using a clear circuit indicator muscle (IM)
2. You (or the client) run one hand from just above the pubic bone to just below the bottom lip ((up the central meridian). Retest IM.
3. Locked IM = preferred response  
Unlocked IM = Central meridian imbalance (need to do the balancing process)
4. Now have them run one hand in the opposite direction (down the central meridian). Retest IM.  
Unlocked IM = Preferred response  
Locked IM = Central meridian imbalance (need to do the balancing process)
6. Find emotion and dynamic (**only** required when using this as a finger mode **or** if doesn't clear with the correction alone as a pre-check)

-----

### **Balance**

1. Either yourself or the client - sweep a hand back and forth / left and right along the meridian (from pubic bone to lower lip). This is called 'flushing' the meridian
2. Finish by running in the correct direction only (approx 3 times). Move hand away from the body between the upward traces.

-----

### **Checking changes:**

1. Repeat the evaluation (as above)
2. Check emotion (if tested)
3. Check mode (if doing as a finger mode)

### **Note:**

If you are using this technique in the **pre-check** section **do not find an emotion**. Just do the correction and then retest.

If it **does not clear** using the balance only, **then** find an emotion, discuss the relevance (between the emotion and the metaphors of Central), repeat balance and then check changes.