



PE #8a Specific NL

Massaging NLs appear to unlock lymph energy flow in the muscles and related organs.
It gives a real energy boost.

Metaphysics

Letting go what no longer serves in relation to the goal

Release toxicity from self & life

Shifting a toxic thought, person, belief

Cleansing

Self support / fortification

Metaphor relating to the specific meridian found in evaluation

Evaluation:

1. Mode in circuit - IM unlocks
2. CL MAP for meridian - 1st lock
3. Find muscle involved - 1st lock
5. Close circuit
6. Find emotion

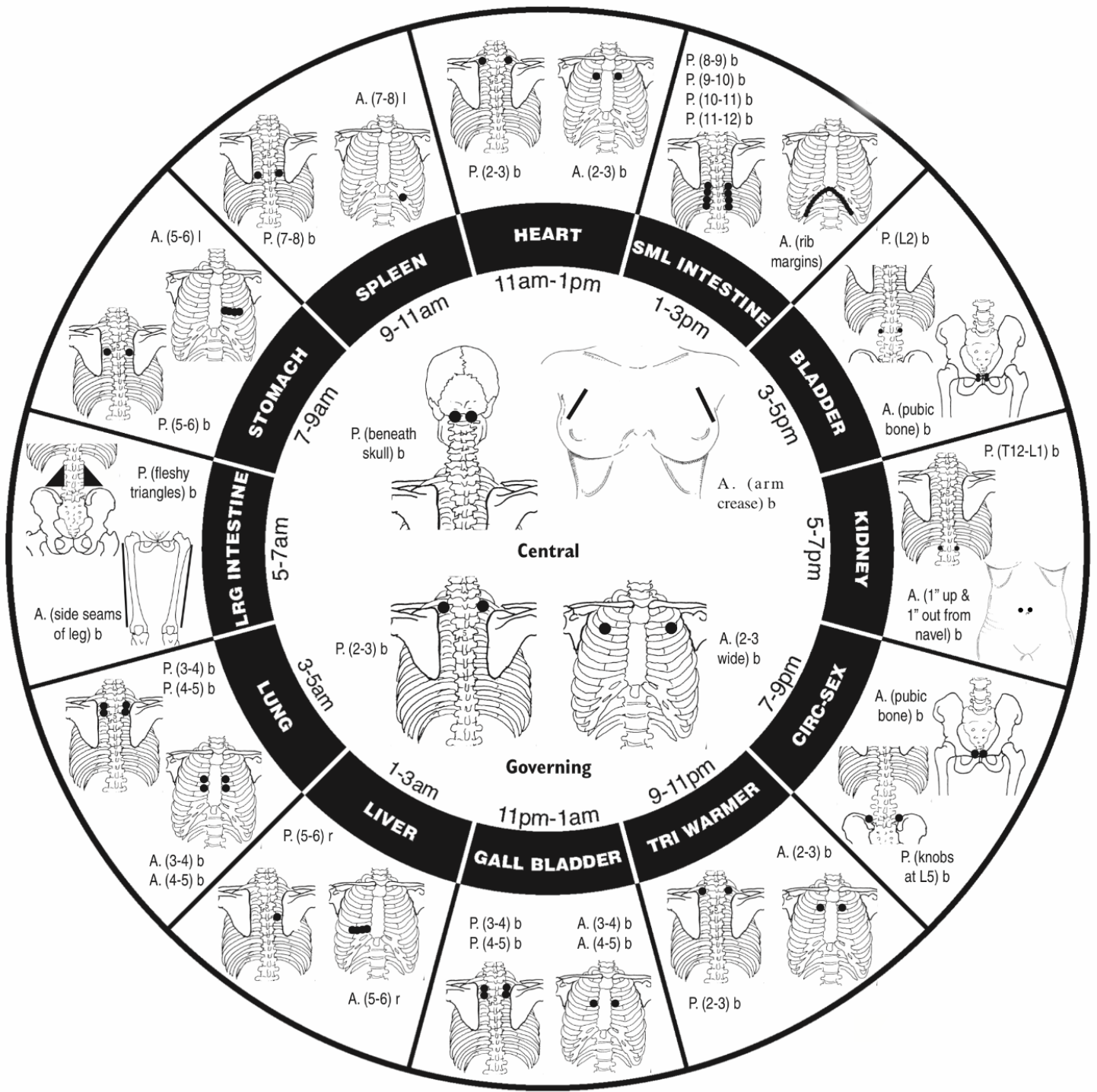
Balance A - Time of day

1. Vigorously rub NL points
 - Firstly for CV
 - Next GV
 - Lastly for the muscle found in evaluation

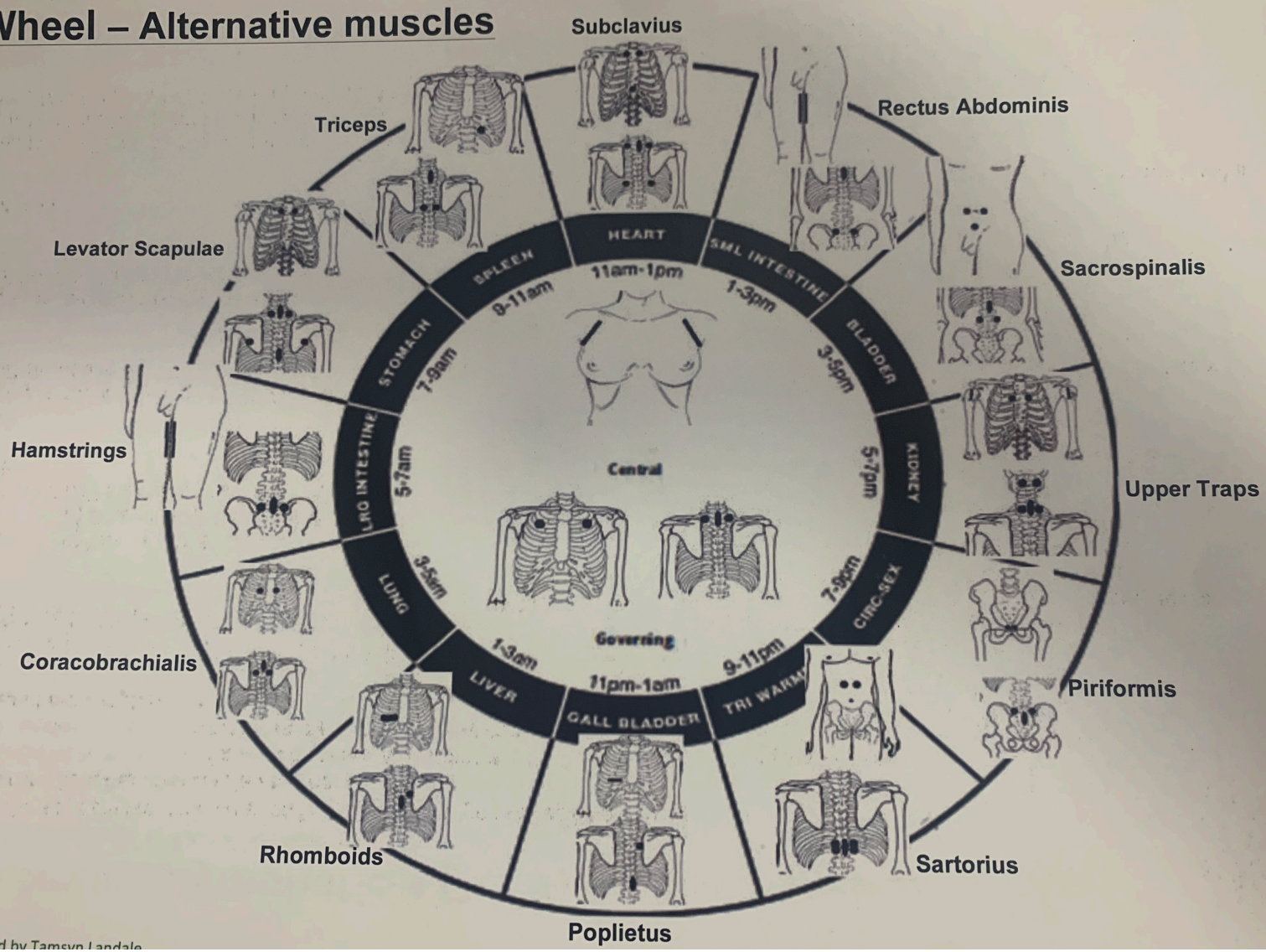
Checking changes:

1. Check emotion
2. Check mode

NL Wheel - First Set of Muscles



Wheel – Alternative muscles



bled by Tamsyn Landale