

EI #2c Meridians - Protocol Process

Meridians are the interface between physical body and the subtle energy bodies that surround us. Balancing the meridians is the underpinning foundation of kinesiology

Tools / Resources

Tooth pics / biro / crystal (option for Command Points balance)

Metaphysics

Going with the flow / blocking the flow

Where are you stagnant

Look at the individual metaphysics for each meridian (organ / function) starting with its element and whether it is yin or yang. The chart on the following page is one of MANY resources available. So test multiple sources!

Think of the metaphysics that could be related with the organ / function of the meridian.

Look at metaphors for the specific technique ie sedating, pain tapping etc

5 Element Metaphysics -

Wood: new beginnings, birth, the initial spark, transformations,

Fire: rapid surging up and goal creation in life, passion,

Earth: maturing into self, action-based

Metal: breaking down, aging, letting go of patterns that no longer serve

Water: death, end of the old to then allow us to move into the new (rebirth)

CV = letting go of a previously useful idea, thing, emotion. Small muscle & short meridian = releasing little or subtle things can be of great importance to allow new things to occur in your life, exhaling & letting go

GV = what burden or weight needs to be released? (related to Pineal organ = day/night cycles of light & darkness)

ST = getting the proper resources to fulfill your purposes. Digesting nutrient, emotion, idea? What's difficult to stomach, swallow or digest? What makes you feel sick?

SP = assimilating what is appropriate and identifying toxic or harmful elements to be eliminated. Overworking immune system or burdened with toxic materials? Have enough or too much sweetness? Breaking down problems into digestible parts

HT = conflict between heart & head, logical thinking & intuition, wisdom or emotional feelings? (Called the 'sovereign' ruler in Chinese Medicine, which directs action with clear insight)

SI = trouble digesting or absorbing things that are meant to be nourishing (literally & figuratively)?

BL = ability to stretch, being hydrated and feeling free flow of energy. What might be too concentrated & needs dilution or elimination? What emotion needs to flow? (Bladder is the longest meridian and only one to have 2 main channels)

KI = feeling pressure? Bringing in enough fresh clear water to keep life's composition & volume in balance spiritually, emotionally, or physically?

CX = nourishment of new cells, circulation and reproduction. Do you have sufficient circulation of blood, warmth, nutrition or sexual energy?

TW = 3 heats: heat of metabolism & maintaining body heat, heat of 'fight or flight' & heat of life passions. What gets you hot? What are you running from or fighting? Are you always on the run? Having the fire/passion to reach goals

GB = stores & concentrates bile from liver, which aids in digestion especially fats. Do you remain too concentrated for your own good? Are you dealing with too many heavy things?

LI = liver has more known functions than any other organ. How are you handling multiple responsibilities? Are you becoming overwhelmed / toxic? What needs detoxification in your life? What do you need to let go of? Or bring into your life that is cleansing, purifying or nourishing?

LU = breathing / speaking easily. Feeling constricted in speaking? What are you needing to cough up?

LI = retaining things you can no longer use OR letting too much go out of your life? What are you hanging onto that is toxic?

Pre-Evaluation:

1. Mode in circuit - IM unlock
2. Test - Points - (ie using points to shift meridian) OR Meridians (ie working directly on the meridian) - 1st lock
3. If Points - test Command or AHP - 1st lock

OR

If Meridians - test - Run - forward or backward, Flush, Walk, Time Of Day / Wheel or Pain Tap - 1st lock

4. CL MAP - 1st lock
5. Close circuit

Balance:

Do the process (as below) based on pre evaluation

=====

COMMAND POINTS (105)**Evaluation:**

1. Mode in circuit - IM unlock
2. Use meridian command point chart - CL point - 1st lock
3. Test required stimulus - fingers or point (biro / toothpicks), crystal - 1st lock
4. Close circuit
5. Find emotion

Balance:

1. Using a biro / toothpicks, fingers or crystal, stimulate the command points bilaterally approx 20 secs
2. Talk about emotion, relate the point (eg source, horary etc) to the goal & to the 5 element one point found in 14 muscle assess.

Checking Changes

1. Check emotion
2. Check mode

=====

ACUPRESSURE HOLDING POINTS (105)**Evaluation:**

1. Mode in circuit - IM unlock
2. Ask either:
 - Tonify
 - Sedate -1st lock
3. Close circuit
4. Find emotion

Balance:

1. Hold points lightly 20-30secs
Remember to turn on and off the energy tap by using both sets of points on one side then the other (**See chart in class notes)
2. Talk about emotion, with relation to needing to bring energy in (tonify) or let energy out (sedate)

Checking changes:

1. Check emotion
2. Check mode

=====

RUN / TRACE MERIDIAN (101 & 107)**Evaluation:**

1. Find emotion
2. Put the mode in circuit - Unlock
2. Go to the meridian that tested up in the Pre Evaluation
3. Test - Forwards or Backwards 1st lock
4. If there is also pain, assess pain 1-10

Balance:

1. Running forwards - run your hand along the meridian in its correct direction several times OR
Running backwards - run your hand along the meridian in a backward direction several times
2. Can discuss the metaphors of the related meridian

Checking changes:

1. Check emotion
2. Check mode
3. Ask client to re-assess pain 1-10 if relevant

=====

FLUSH MERIDIAN (102 & 107)**Evaluation:**

1. Find emotion
2. Go to the meridian that tested up in the Pre Evaluation
3. If there is also pain, assess pain 1-10

Balance:

1. Sweep hand back and forth along the meridian.
2. Finish by running in the correct direction approx 3 times.
3. Can discuss the metaphors of the related meridian as you do the process

Checking Changes:

1. Check emotion
2. Check mode
3. Ask client to re-assess pain 1-10 if relevant

=====

WALK MERIDIAN (107)**Evaluation:**

1. Find emotion
2. Go to the meridian that tested up in the Pre Evaluation
3. If there is also pain, assess pain 1-10

Balance:

1. Hold pain site throughout balancing process (practitioner or client)
2. Walk (with neutral fingers or thumb) from beginning to end or vice versa, holding at any points along the meridian where pain is felt until it dissipates then continue, repeat until pain has sufficiently diminished.

3. Can discuss the metaphors of the related meridian as you do the process.

Checking Changes:

1. Check emotion
2. Check mode
3. Ask client to re-assess pain 1-10 if relevant

=====

TIME OF DAY MERIDIAN (Simple) (101)

Evaluation:

1. Find emotion

Balance:

1. Run your hand along the CV & GV meridians in their correct direction of flow several times
2. Run the meridian found in the pre-evaluation several times in correct direction of flow several times. Note: if the Time of day is the priority it will test up in the Pre evaluation
3. Can discuss the metaphors of the related meridian as you do the process.

Checking Changes:

1. Check emotion
2. Check mode

=====

MERIDIAN WHEEL (Massage) (101)

Evaluation:

1. Find emotion

Balance:

1. Run your hand along the CV & GV meridians in their correct direction of flow several times
2. Start by running the meridian found in the pre-evaluation several times in correct direction of flow then continue to do this to all of the meridians bilaterally in horary (wheel) order (see below). Can finish by retracing the meridian that you started with.
3. Can discuss the metaphors of each meridian as you do the process.

HORARY (WHEEL) ORDER:

Central
Governing
Stomach
Spleen
Heart
Small intestine
Kidney
Bladder
Triple warmer
Circulation sex
Gall bladder
Liver
Lung

Checking Changes:

1. Check emotion
2. Check mode

=====

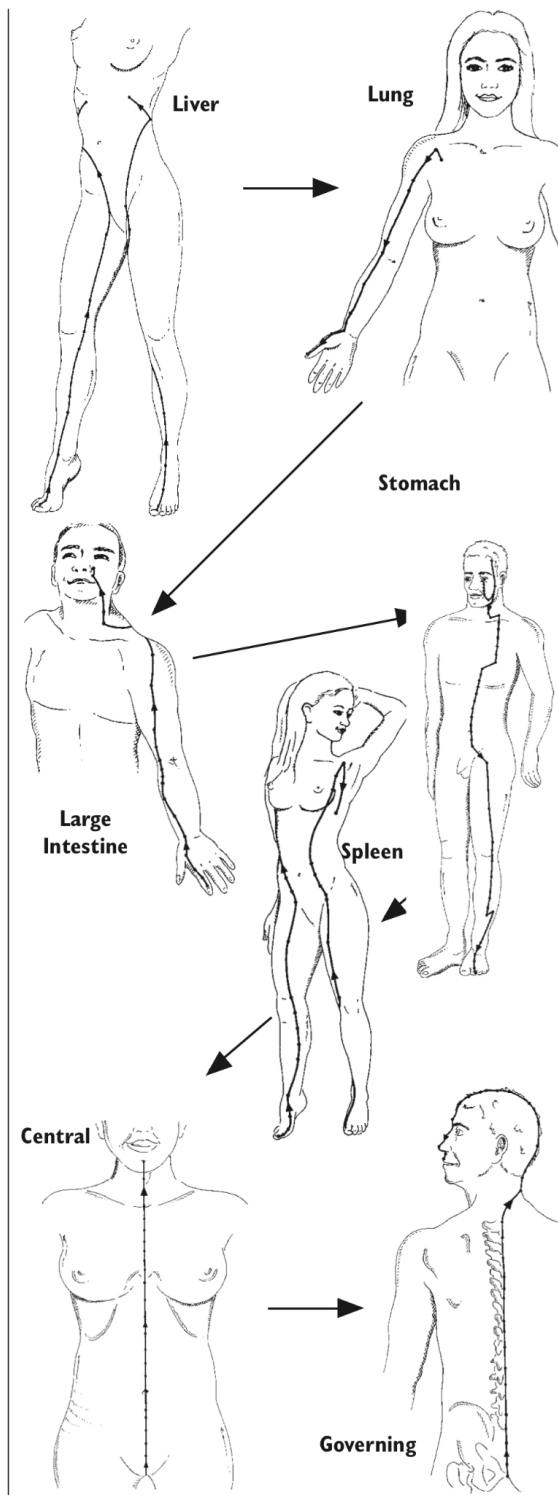
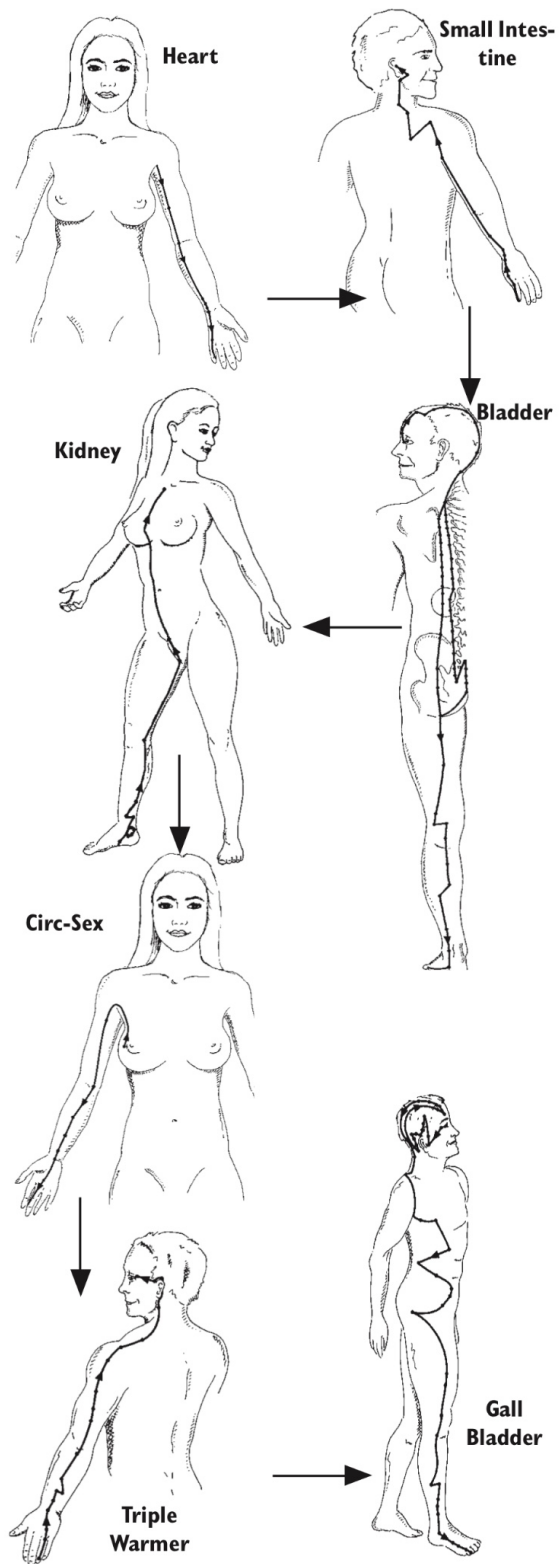


Figure 1. The Five Phases (Wuxing) and Five Elements (Wuxing) cycles.

PAIN TAPPING (107)

(If working with pain use the out of context version of this balance)

Evaluation:

1. Mode in circuit - IM unlock
2. Ask which side to tap on L / R -1st lock
3. Close circuit
4. Find emotion

(If working with pain use the out of context version of this balance)

Balance:

1. Go to tonification point (chart below) for the meridian found in your evaluation, on the side of the body indicated in the evaluation.
2. Tap using a firm continuous tapping - ticking clock rhythm for 30 secs x 3 sets (testing mode in between)
3. Can discuss the metaphors listed below
4. If mode still out after 3 x rounds on the original side tested then do up to 3 x rounds on the other sides tonification point until mode clears

Checking Changes:

1. Check emotion
2. Check mode

Metaphysics

Metaphors of the related meridian

Put up boundaries not taking on any more

Stop taking on too much

Feeling over burdened / overwhelmed

What is not flowing in your life

Where are you over committed and not saying no

What do you need to defocus off the perceived pain in your life

How does the pain serve you to stay in your pattern / loop

=====

