

El #2c Meridians - (BKP 107)

1) RUN / TRACE MERIDIAN

If Client Is In Pain & Not Testable

Evaluation:

1. Look for the meridian closest to the pain
2. Assess pain 1-10
3. - Trace forwards or
- Backwards

Get feedback on which direction reduces the pain for the client

Balance:

1. Run your hand along the meridian in the direction that the client said reduced the pain several times
 2. Can discuss the metaphors of the related meridian
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Checking Changes:

1. Ask client to re-assess pain 1-10

2) FLUSH MERIDIAN

If Client Is In Pain & Not Testable

Evaluation:

1. Look for the meridian closest to the pain
 2. Assess pain 1-10
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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
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Checking changes:

1. Ask client to re-assess pain 1-10
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3) WALK MERIDIAN

If Client Is In Pain & Not Testable

Evaluation:

1. Look for meridian closest to the pain
 2. Assess pain 1-10
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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.
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Checking Changes:

1. Ask client to re-assess pain 1-10

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