

RIVKA LEVY

HOW YOUR EMOTIONS ARE MAKING YOU SICK

*A pocket guide to balancing your energy
meridians*

*What energy meridians are, and how they're
affecting your health*

*What emotions are connected to which specific
physical issues*

*How you can use simple, self-administered
energy medicine techniques to clear emotional
blocks, and get your energy moving again*



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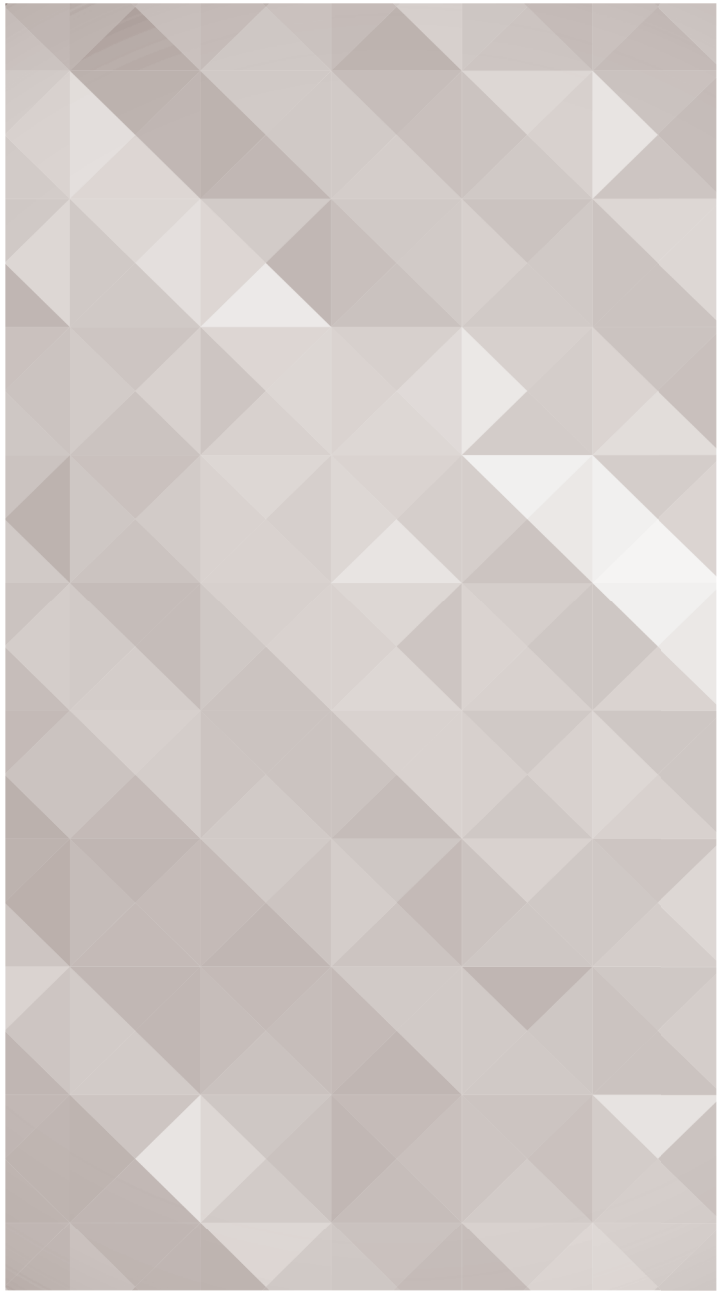
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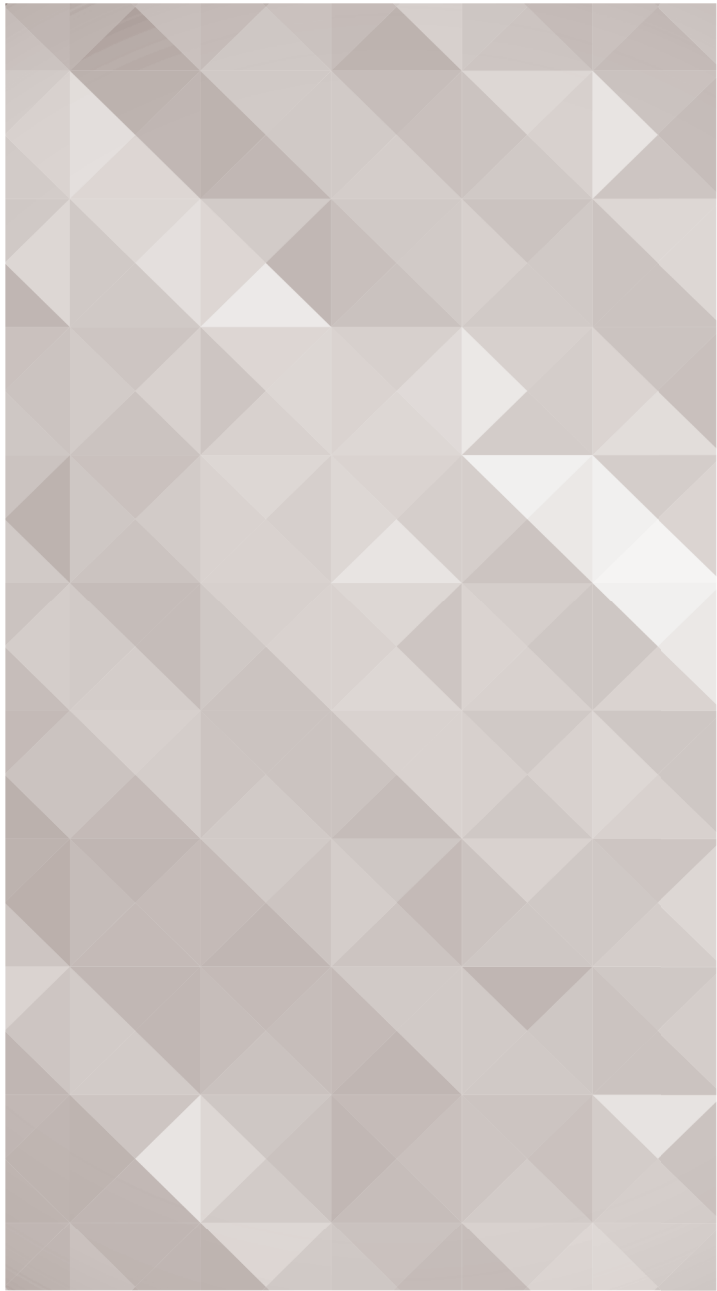
*If you believe something can be
broken, believe that it can be fixed.*

— Rabbi Nachman of Breslev



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Chapter 1

Meridians - The Energy of Emotions

What are 'Energy Meridians?'

ENERGY MERIDIANS WERE FIRST MAPPED in the human body around 3,500 years' ago by Chinese physicians, who understood that some sort of subtle energy (what we would call the soul) was animating the body.

When this energy was flowing around the body correctly, the person stayed healthy. When the energy was stuck, stagnant, weak or blocked in some way, the person got sick.

These early practitioners of Chinese medicine mapped the energy flow around the body, and identified 14 main energy

'pathways,' which they called Meridians. Each Meridian was named for the main organ, or physical system, it governed or regulated in the body.

They then developed the systems of acupuncture (using small needles inserted into particular points along each Meridian) and acupressure (using light pressure from the fingers on certain points along each Meridian) to help energy flow better, and to help release the energetic 'blocks' in the body. From the beginning, Chinese medicine recognized that the energetic blocks in the body were usually caused by the person's emotions.

Each Meridian is connected to a different emotion

In this pocket guide, you'll learn how to identify the emotional energy that's connected each Meridian. I'll also teach you some easy-to-learn and safe energy medicine techniques that will help you to start working with your body's energy Meridians at the physical level.

But the key thing to remember is that when your energy Meridians are 'out' in some way, either blocked, stuck, weak, or super-charged, it's because they contain a message that something in your life, belief system or thought process is also blocked, stuck, weak or super-charged.

For example, if someone is having repeated issues associated with the gallbladder Meridian (like TMJ, one-sided migraines, or sciatica, for example) just working with the energy Meridian itself will definitely help to get the energy flowing again – but that's only the beginning of the process.

Gallbladder Meridian is usually associated with deep feelings of rage, anger and intolerance of others. Working with the physical acupressure points and regularly tracing Meridians can free the energy up physically. But to REALLY tackle the roots of the problem, you also have to work on the negative feelings that are causing the energy blockages (and in turn, the physical illnesses) in the first place.

This pocket guide will help you to do that by:

- Teaching you which emotions are associated with which of the body's 14 main energy Meridians.
- Explaining which physical illnesses can show up when a Meridian is depleted, weak or otherwise 'out' in some way.
- Teaching you four easy ways you can work with your Meridians, including how to trace your Meridians, how to strengthen and sedate your Meridians using acupressure, how to work with your neurovascular points, and how to massage your neurolymphatic points.

MERIDIANS - THE ENERGY OF EMOTIONS



Chapter 2

Defining the God-Based Holistic Approach to Good Health

The three-pronged approach

ALTHOUGH THIS POCKET GUIDE IS going to focus on the more physical, or ‘body’ side of this equation, it’s actually part of a much wider God-based holistic approach to health, that works across all three levels of body, mind and soul.

You can find a much more detailed explanation of all the following concept in the book: *Talk to God and Fix Your Health: The*

Real Reasons Why We Get Sick and How to Stay Healthy’, but the following is a quick summary of the main principles:

1) THE SOUL STAYS HEALTHY BY CONNECTING TO GOD

If that connection is out or very weak, that’s the first place that needs work, as a poor, weak or absent God connection equates to you having no, or very little, Divine energy, or what I like to call ‘GodJuice’ flowing through your body.

You can pick up more tips and ideas about how to strengthen the ‘soul’ dimension of maintaining your health and happiness in the pocket guide ‘The How, what and why of Talking to God’, also by the Matronita Press.

2) THE MIND STAYS HEALTHY BY MAINTAINING THE THREE FOUNDATIONS OF EMOTIONAL HEALTH

The three foundations of emotional health are:

- **Healthy compassion**
- **Sensible accountability**
- **Appropriate kindness**

If all three of these areas are balanced and healthy, your emotional energy should be strong and flowing well around all areas of your body.

3) THE BODY STAY HEALTHY WHEN ITS BASIC ENERGY NEEDS ARE BEING MET, AND WHEN ANY BLOCKAGES OR ISSUES ARE CORRECTLY IDENTIFIED AND DEALT WITH PROMPTLY.

In the God-based holistic health approach, by the time a specific physical health issue or problem shows up it's usually a last-gasp attempt by the Creator to draw our attention to the spiritual and emotional issues that are actually underlying it, and causing it.

To give some very simplistic examples, anger has been scientifically proven in a number of studies to be detrimental to heart health. (In Traditional Chinese Medicine, gallbladder Meridian – the Meridian related to anger and rage - is described as ‘stealing’ energy from its parallel Meridian, the heart, leaving that Meridian weakened, blocked or stagnant). Angina can show up as a physical manifestation of this, but the real problem is the person’s uncontrolled anger.

Or, say someone has a stomach ulcer. Again, the ulcer is only the physical manifestation of the real problem, namely that the person gets very stressed-out by their day-to-day issues, and worries excessively. If they can be taught how to put God more in the picture, and to stop worrying so much (which let’s be clear is usually not an easy or fast thing to do) – the spiritual and emotional root of the problem will vanish, and eventually, the stomach ulcer should disappear, too.

Does that mean you have to be a perfect human being in order to enjoy good physical health? No, not at all. It’s enough just to recognise the spiritual and emotional origins of

our physical illnesses, and to simply begin the process of working on them, and getting God involved more in our lives, for the physical issues themselves to clear up.

God is not a tyrant. He knows we aren't perfect, He knows working on all flaws and personality issues is going to take a life-time, and He has a lot of patience and compassion for us. But we have to learn how to correctly decipher the clues He's sending us via our health, and that's what this pocket guide is all about.

How working with our Meridians can keep us healthy

The God-based holistic health approach usually starts from the top down: If the soul is in good shape and energised, then the mind and emotions will also be balanced and working well, and in turn the body should be in pretty good shape.

But because our health is integrated across all three levels of body, mind and soul, working with the body will also have positive repercussions all the way back up the system.

Often, working with the body's Meridians can begin the process of enabling someone to let go of, or process, negative emotions that somehow got 'trapped' in their system, pulling them back into negative thought patterns and behaviours that they were desperate to get out of.

In my own case, I was working on one particular negative emotion for a number of years at the 'mind' and 'spiritual' levels, and while a lot of things were shifting, I felt I was still stuck, somehow. It's only when I stumbled across some of the energy medicine and energy psychology techniques that I'm going to share with you in this pocket guide that finally, that negative emotion really started to dissolve out of my system.

This is probably also a good time to note that the body's energy Meridians (and your related emotional state) are also affected by additional factors like proper nutrition, adequate sleep, healthy relationships and pollutants like chemicals, drugs (including medication) and electromagnetic 'smog'.

Many books have been written on the more obvious physical factors affecting your health, so while I'm flagging it for your at-

tention, I'm not going to dwell on these issues in this pocket guide.

Is just working with the Meridians enough to keep me healthy?

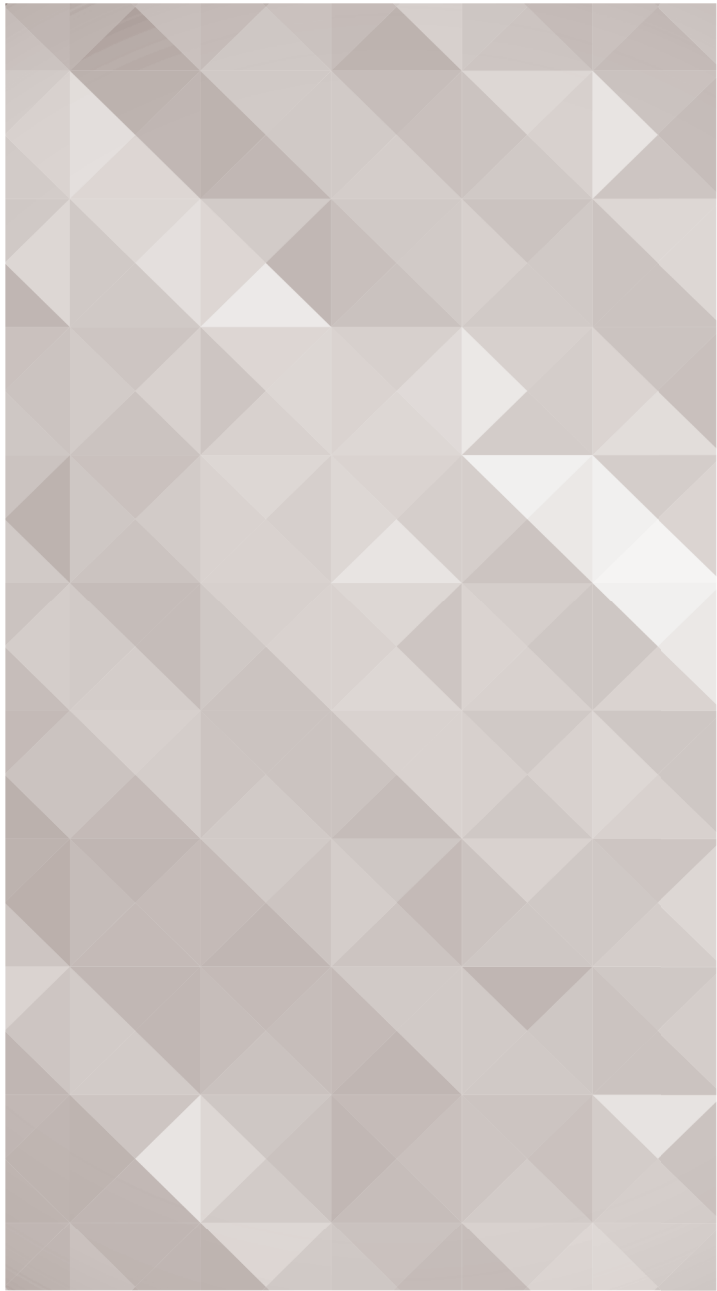
The short answer is that if you're already connected to God in some way, and already actively working on your emotional health and character traits, then working with the Meridians, as described in this pocket guide, may well be all you need to start achieving some big shifts in your health and wellbeing.

But if all you're doing is working with your Meridians, and you're not developing your spiritual side, or identifying the negative character traits that every single one of us has, and that we need to work on, then sooner or later you will get pulled back into more physical and mental health problems.

I know I've said it before, but it bears repeating: good health and happiness depends on all three parts of a human being, namely our body, mind and souls, operating at optimal capacity.

If any one of these parts is out or weak, sooner or later it will have repercussions in other areas, too. That's why just eating healthy and exercising sometimes isn't enough to guarantee good health – because if your mind is still full of negative, unhealthy thoughts and beliefs (particularly about yourself...), and if your soul is withering on the vine, you will still be vulnerable to developing a holistic health issue.

In the next chapter, we'll explore a few of the different ways you can start to work out the messages your body's Meridians are trying to tell you.



Chapter 3

Identifying the Problem

Get expert help, or Do-It-Yourself?

IN CLINICAL SETTINGS THAT OFFER Meridian-based therapies like applied kinesiology, acupuncture and acupressure, there are a number of relatively easy, safe and non-invasive diagnostic exercises you can do to find out which of your energy Meridians are 'out' in some way.

Once you have that information, you can then take a look at the descriptions for each Meridian in the next chapter, to identify the emotional blocks and issues that may be behind the physical problems.

But one of the main reasons I wrote this pocket guide is because I wanted to help you

to take your health back ‘in-house,’ and to give you many of the tools you need to help you start working out the answers to why you’re really getting sick, by yourself.

In Chapter 5, you’ll find a wealth of technical information on how to use simple, easy-to-learn and affective acupressure techniques to balance and unblock your Meridians. I want to encourage you to give it a go even if you’ve never had any previous experience of working with your Meridians, because mastering these techniques will enable you to learn the language your body is using to talk to you.

Being able to figure out the real, underlying spiritual and emotional reasons why you’ve got a sore throat, or an aching back, is worth its weight in gold, in terms of keeping you happy and healthy over the long-term.

That said, sometimes we all still get a little stuck or overwhelmed, especially if we’re dealing with a serious or chronic health issue that we can’t seem to get a handle on by ourselves. At those times, you may well decide to outsource some of this work to a knowledgeable and God-fearing professional.

That's 100% fine, but remember that YOU are still the most powerful, knowledgeable and effective person involved in your healthcare. Nobody knows you like you do, no-one else will have the same insight about your secret emotional and spiritual self, and no-one is more interested and committed to maintaining your health.

So if you do decide to outsource the work, you still need to stay engaged and involved in uncovering and dealing with the emotional and spiritual origins of your physical health problems, because no-one else can do that for you.

Where is the block?

WHATEVER APPROACH YOU CHOOSE TO take, whether DIY or going to an energy medicine professional, the first mystery you need to solve is:

Where is the specific problem, or block, occurring, and what Meridians do you need to work with to get it freed-up?

If you already know that you have a physical problem, or a physical weakness in

a particular area of your body, then it's often fairly easy to work this part of the equation out. In the Quick Reference tool on page 97, you'll find a bunch of the most common physical issues that can occur when the energy is weak, unbalanced or blocked in a particular Meridian.

Check through the table below to find your illness, organ or specific issue, then come back to the detailed description of the relevant Meridian in Chapter 4, to see what emotional issues or 'lost' feelings may be hiding underneath.

This pocket guide doesn't include an exhaustive list of illnesses - and it doesn't need to, because your intuition, the input you get from any of the energy medicine professionals you consult, and talking to God also play a big part in working out what's really making you ill, and finding the true underlying cause.

If your particular illness isn't listed over the following pages, see if any of the Meridians ring any bells for you, as you read through the descriptions of the different emotional states associated with each specific Meridian in the next chapter. If they do,

start to work with those Meridians, and see if things start to unblock, shift and clear.

If you're still stuck, stumped or blocked, *Talk to God and Fix Your Health* contains some diagnostic quizzes that could help you to shed some more light on your particular situation or illness. Alternatively, just keep going back and talking to God about what's going on, and keep asking for more clues: if you're sincerely searching for the answers, sooner or later, you will find them.

THERE'S ALWAYS AN EXCEPTION TO THE RULE

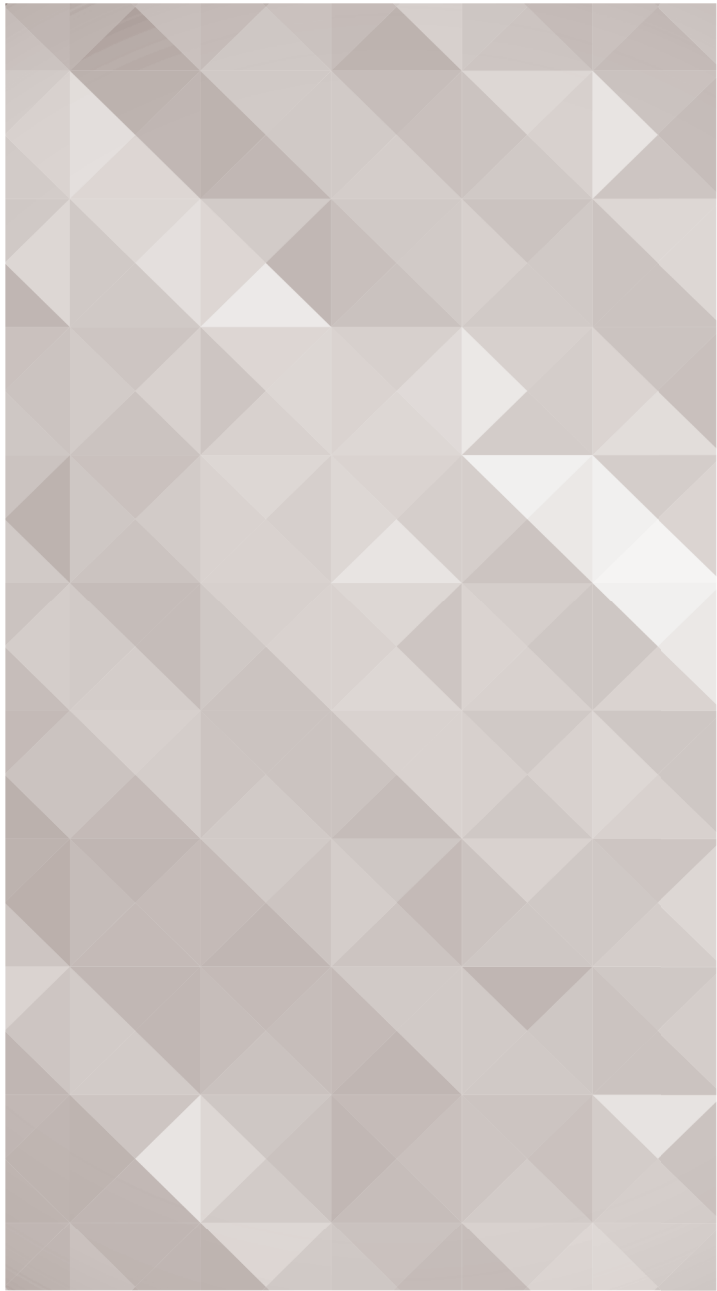
The information presented in this pocket guide is just a jumping-off point. If something doesn't sound right, or doesn't work for you, that's OK! We're all unique creations, and there will always be exceptions to the rule. Also, as I keep stressing, the real healing comes when we take our issues or problems back to God, and ask Him to help us resolve them.

So the information presented below should be used as an accurate general guide to finding out what emotional and spiritual

'blocks' might be behind your physical problems, but the last word, as always, rests with you. You are responsible for your health, and you can know far more about yourself, and your issues, and your blocks, than any holistic health author, or outside expert, especially if you're regularly checking in with God to see what's really going on.

With all those caveats out the way, in the next chapter I'm going to introduce you to the 14 main energy Meridians in the body, and the main, basic emotions they're associated with.

IDENTIFYING THE PROBLEM



Chapter 4

The 14 Meridians - An Emotional Overview

THE BODY HAS 14 MAIN energy Meridians, or energy pathways. In this chapter, you'll learn what they are, where they are, and what emotions they are connected to.

QUICK REFERENCE TABLE: THE 14 MERIDIANS AND THEIR ASSOCIATED EMOTIONS

Central Meridian - Emotional energy when unbalanced: Feeling vulnerable, 'lacking'. Emotional energy when balanced: Feeling grounded, confident and secure.

Governing Meridian - Emotional energy when unbalanced: Unable to move forward, 'no backbone'. Emotional energy when balanced: 'Can do-ability', have the courage to move on, overcome problems, try new things.

Stomach Meridian - Emotional energy when unbalanced: Anxiety, pessimism and extreme worry about day-to-day problems and needs. Emotional energy when balanced: Trust that everything will turn out OK; calm and serenity; strong belief in God's goodness.

Spleen Meridian - Emotional energy when unbalanced: Either too much compassion for others, and too little for the self; or too little compassion for others and too much for the self; or too little compassion for anyone; unable to accept and internalize others' ideas, feelings, or needs. Emotional energy when balanced: Compassionate and caring; fair and generous with others, but not at the expense of the self; able to assimilate and respond to 'outside' information.

Heart Meridian - Emotional energy when unbalanced: Heartache; a broken

heart; Emotional energy when balanced: Love; seeing the good in the self and others.

Small Intestine Meridian - Emotional energy when unbalanced: Pulled all over the place; confusion; unable to make decisions. Emotional energy when balanced: Can act decisively; know what you want.

Bladder Meridian - Emotional energy when unbalanced: Fearful of the outside world, despairing, pessimistic. Emotional energy when balanced: Strong belief in God's goodness, optimistic, trusting, courageous.

Kidney Meridian - Emotional energy when unbalanced: Loneliness, ashamed of the self, traumatized, 'frozen'; existential angst. Emotional energy when balanced: Deep acceptance of the self, strong, healthy connections to others; strong connection to God.

Circulation-sex Meridian - Emotional energy when unbalanced: Frustrated by 'over-choice', too many demands; ignores their own deepest emotional needs; commitment-phobic. Emotional energy when balanced: Has healthy priorities; recognizes

and responds to their emotional needs; committed.

Triple warmer Meridian - Emotional energy when unbalanced: Heavy-duty stress; the 'fight / flight / freeze' response, aka 'I'm taking control, here, and looking after Number 1'. The energetic home of our inclination for 'bad', its main emotion is primal fear. Nothing can kill our joy and our connection to God as fast and as effectively as a rampaging Triple Warmer. Emotional energy when balanced: Feeling safe and secure; humbly trusting God's goodness.

Gallbladder Meridian - Emotional energy when unbalanced: Anger at others; very judgemental and critical; unforgiving; demanding. Emotional energy when balanced: Kind, merciful, tolerant and forgiving; healthy assertiveness.

Liver Meridian - Emotional energy when unbalanced: 'Beating ourselves up'; hyper-critical of the self; guilt feelings. Emotional energy when balanced: Positive feelings about the self; self-forgiveness and acceptance; able to nurture and care for the self.

Lung Meridian - Emotional energy when unbalanced: Profound sadness and grief; yearning; unwillingness to get emotionally-involved with others; aloof. Emotional energy when balanced: Belief in God's goodness; renewal, excitement, an ability to let go and move on; ability to connect to others at the deepest levels.

Large Intestine Meridian - Emotional energy when unbalanced: Control-freak; a need to be in control, even when it's damaging the self and others. Emotional energy when balanced: Surrenders control; can let go out outmoded, unneeded, or toxic things.

THE 14 MERIDIANS IN DETAIL

NB: Unlike the other 12 Meridians, the Central and Governing Meridians relate to the overall energy and general wellbeing of a person, as opposed to a specific organ and / or function in the body, or specific emotion.

Central Meridian- *Emotional energy when unbalanced: Feeling vulnerable, 'lacking'. Emotional energy when balanced: Feeling grounded, confident and secure.*

Thanks to its close connection with the brain and the nervous system, Central Meridian is generally involved with all matters of the mind. Whenever you're hoping for something to happen; or you're trying to believe in something or someone (including yourself), Central Meridian will be activated. Central Meridian is the most suitable Meridian for self-suggestion and hypnosis.

When the GodJuice in the Central Meridian is flowing well then you:

- Can easily let go of ideas, emotions, beliefs, truths and even physical objects and things that may have served you well in the past, but which have now outlived their usefulness.
- Can take in and accept new ideas, beliefs and truths, and maintain a flexible outlook and attitude to life.

- Don't get stuck in the past; you 'flow with the tide' and easily tailor and adapt your outlook to new circumstances and different demands.
- Feel confident and secure in your ability to handle whatever life has in store for you, which means that you enjoy the ebb and flow in your life.
- Continue to evolve and grow as circumstances (and God) dictate.

When the GodJuice in Central Meridian is blocked or unbalanced, you can experience the following issues:

- Spend too much time 'over-thinking' and over-analysing;
- Find it hard to 'get out of your head';
- Live life in theory, instead of in practise
- Brain fatigue
- Learning difficulties
- Feelings of anxiety and stress

- Can feel very vulnerable, especially in social settings
- Scared of, or paralysed by the idea of change

Governing Meridian - *Emotional energy when unbalanced: Unable to move forward, 'no backbone'. Emotional energy when balanced: 'Can do-ability', have the courage to move on, overcome problems, try new things.*

Like the Central Meridian, Governing Meridian is also directly plugged-in to your central nervous system, and deals with 'global' affects in the body and soul.

The Governing Meridian runs along the backbone, and is related to your general sense of confidence and courage.

When the GodJuice in the Governing Meridian is flowing well, you:

- Can move forward in life, even when facing some big obstacles.

- Have the courage and strength you need to fully engage with, and participate in your family life, community, and the outside world.
- Have good posture; you will literally stand up straight, and hold your head high.

When the GodJuice in Governing Meridian is blocked or unbalanced, you can experience the following issues:

- Slumped or poor posture
- Issues with the pineal gland (particularly issues pertaining to light and darkness)
- Feeling overburdened
- Feeling stuck, or feel like you're going in reverse
- Feeling spineless or clueless, or lacking in courage to change something or move forward

Stomach Meridian - *Emotional energy when unbalanced: Anxiety, pessimism and extreme worry about day-to-day problems and needs. Emotional energy when balanced: Trust that everything will turn out OK; calm and serenity; strong belief in God's goodness.*

While all the Meridians are connected to, and are affected by and also influence our emotions, Stomach Meridian is the most 'emotional' Meridian of them all. Emotional issues often hit the stomach Meridian the fastest, and the hardest.

When the GodJuice in the Stomach Meridian is flowing well, you:

- Have confidence that things will work out, and you're not afraid to break out of the status quo, and to try new things.
- Have a profound sense that God is in the picture, and that whatever happens, you can trust Him to come through for you, and to ensure that you'll always have what you need to perform your mission

in life. This gives you confidence to be out in the world, and to be open to new ideas, options and things.

- Feel full, satisfied, content, calm, relaxed and happy.
- Trust that God is looking after you, and that He's going to meet all of your needs, in whichever way that needs to occur.
- 'Chew things over' but in a methodical, healthy way that ultimately leads to progress and transformation.

When the GodJuice in Stomach Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You go round and round in circles, stuck in a comfort zone even if it's suffocating or unhealthy, unable to move on, or actually get anywhere.
- You assimilate other people's 'stuff' instead of recognizing your own ideas, emotions and thoughts.

- Your sense of truth can become compromised by your desire to keep things the way they are, and ‘comfortable’, at any cost.
- You lie to yourself about what you’re really feeling or experiencing, especially if it’s something negative. For example, you might lie about the negative consequences of your own, or other people’s actions; or you might find yourself making excuses about the negative impact your desires or beliefs are having on your physical and mental health.
- Your basic sense of trust, generally, and trusting God, specifically, disappears and you start worrying, agonising and obsessing over even the most minor aspects of your day-to-day life. Obsessively worrying over the more minor and mundane aspects of life uses up so much of your energy, there is precious little left over for loftier aspirations or big decisions.
- You’ll literally ‘feel sick to your stomach’ because of an emotional issue or disturbance you’re experiencing.

- Eating becomes fraught with difficulties and challenges: you'll comfort eat, over eat, binge eat, eat things that aren't good for you, or eat at times when you don't need to eat. Or, you might try to severely curtail your eating in an attempt to feel that you're really still in control.
- You can feel as though you have a big emotional hole to fill, and a deep sense of unease and emptiness that no amount of food can satisfy.

And the following physical issues:

- All manner of stomach issues, including poor digestion, acid indigestion and stomach ulcers
- Cysts (both in the ovaries and in the breasts)
- Fibroids
- Swelling, particularly a swollen belly
- Edema (water retention)
- Mucous
- Weak muscles

- Metabolic disorders
- Macular degeneration
- Detached retinas
- Twitching eyes
- Stomach issues
- Sinuses
- Ovary problems
- Hormones issues (particularly for females)

Spleen Meridian - *Emotional energy when unbalanced: Either too much compassion for others, and too little for the self; or too little compassion for others and too much for the self; or too little compassion for anyone; unable to accept and internalize others' ideas, feelings, or needs. Emotional energy when balanced: Compassionate and caring; fair and generous with others, but not at the expense of the self; able to assimilate and respond to 'outside' information.*

Spleen

Out of all the Meridians in the body, Spleen energy is the most associated with feelings of happiness and joy. When you get stressed-out, the first thing that goes out the window is your *joie de vivre*. Energetically-speaking, all the energy in all the Meridians can get severely depleted and weakened by chronic stress, but the one that takes the biggest hit is Spleen Meridian.

That's because together with the Triple Warmer Meridian, Spleen Meridian is responsible for running our immune system. Where Triple Warmer mobilizes the body's energies to respond to a perceived threat or danger, Spleen tries to keep you healthy by keeping you happy, and full of vitality and joy.

In an emergency (ie, whenever you get stressed-out by something), Triple Warmer can pull energy away from all the Meridians except the Heart to fuel its 'flight or fight' response - and the first Meridian it takes energy from is Spleen.

When the GodJuice in Spleen is flowing well you:

- Can easily metabolize your food, energy, knowledge and learning.
- Can digest things properly, in both the physical and mental realms, without experiencing any negative reactions.
- Can integrate new information and to react appropriately to the things you're being told, and the things that you're

learning, instead of blanking the new information, or blocking it out.

- Have a lot of healthy compassionate energy available, both for yourself and for others.
- Can more easily connect to your deeper self, your 'inner child', and your sense of intuition.

When the GodJuice in Stomach Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You find it hard to nurture yourself, and others, appropriately.
- Your ability to empathize with others is impaired.
- You can't stand up for yourself appropriately; OR you can't take anyone else's view or opinion into account.
- You're more susceptible to developing a number of emotional disorders and issues, including: Bi-polar, schizophrenia, ADD / ADHD, and any personality

disorder or condition characterised by a lack of, or unhealthy, empathy.

And the following physical issues:

- Autoimmune disease including Fibromyalgia and Chronic Fatigue Syndrome
- Excessive, easy bruising
- Nose bleeds
- Varicose veins
- Any problems keeping the blood in the veins, arteries and blood vessels
- Diabetes
- Hypoglycaemia
- Pancreas / blood sugar problems
- Allergies
- Immunodeficiency
- Issues related to pregnancy
- Haemorrhaging
- Blood clots

- General swelling and inflammation
- Issues with tear ducts
- Neuropathy (sore feet)
- Osteoporosis (if hormone-related)
- Anything on the heel
- Fasciitis
- Infections
- Depression
- Learning disorders, including ADHD

What weakens your Spleen energy?

As you can see, weak spleen energy is a major factor in so many of the most challenging and widespread illnesses and issues facing us in our modern world. Once you identify what might be making it so weak, you can start talking to God about turning things around. All of the following things could be wiping your spleen energy out:

- Environmental pollution
- Unhealthy food and food additives
- Heavy-duty stress
- Electro-magnetic energy (think PCs, mobiles, wifi, microwaves)
- Negative emotions
- Angry / critical / selfish / demanding people
- Not enough or too much compassion for ourselves, or others
- Ingratitude
- One-off shocks or traumatic experiences, including difficult births

Heart Meridian - *Emotional energy when unbalanced: Heartache; a broken heart; Emotional energy when balanced: Love; seeing the good in the self and others.*

Heart

The Heart Meridian is unique, inasmuch as it's the only place that the Triple Warmer Meridian can't take energy from.

When the GodJuice in the heart Meridian is flowing well, you:

- Can still give, care and love, even in the face of stressful circumstances and enormously difficult challenges.
- You retain your fundamental belief in God's goodness, and you continue to look for - and to find - the good in yourself and in others, even if you've been through a lot yourself.
- You believe in your unique, God-given ability to build the world, and you're motivated to search for, and to find, the silver lining in even your most difficult circumstances.
- You have a strong sense of quiet optimism and spiritual resilience. You can feel and demonstrate love to yourself and to others, despite your own hardships.

When the GodJuice in Heart Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You carry around a profound sense of bitterness, hurt, rejection and mistrust. You become cynical about yourself, people generally, and God.
- Your ability to love can get buried under the huge defences you throw up to keep your heart 'safe', leaving you even more vulnerable to heartache, heartbreak, disappointment and hurt.
- You try to protect yourself by keeping others at a distance, and train yourself to see the flaws in others and expect the worst from people and the world, to avoid having your heart broken again.

And the following physical issues:

- Angina
- Insomnia
- Chest pains

- Bleeding gums
- Too hot / too cold
- Blood pressure issues
- Heart issues
- Dizziness
- Eczema
- Circulation issues

Small Intestine Meridian - *Emotional energy when unbalanced: Pulled all over the place; confusion; unable to make decisions. Emotional energy when balanced: Can act decisively; know what you want.*

Small Intestine

Energetically, Small Intestine Meridian is engaged in the job of absorption and discernment. It absorbs food, information, impressions and nutrients, etc, and then de-

cides what needs to be kept and put to good use, and what needs to be discarded.

Small Intestine is the energy of clarification: everything you absorb in to yourself will pass through the energy of the Small Intestine, physically and metaphorically speaking, where it will be thoroughly checked-out, checked into, classified, and then dealt with accordingly.

**When the GodJuice in the
Small Intestine Meridian
is flowing well, you:**

- Can act decisively, and make decisions fast, without unnecessary dithering and procrastination.
- Can develop a deep, profound understanding and wisdom.
- Grasp even complicated issues and material easily, and can quick break them down into their component parts, enabling you to make informed decisions.

When the GodJuice in the Small Intestine Meridian is blocked or unbalanced, you can experience the following emotional issues:

- Even small decisions become agonising, never-ending discussions, where it's seems impossible to ever have the clarity required to make the correct choice.
- You can feel pulled all over the place, uncertain about what you want, what you need, or what the right decision should be.
- You frequently try to get other people involved in making your decisions for you, but each additional opinion only serves to further confuse matters, and muddy the waters even more.
- Instead of having clarity and confidence, you feel confused and wracked with anxiety.
- You often start to panic when you need to make a quick decision about an important matter.

- Your decision-making process is often impulsive, rash and reactive.

And the following physical issues:

- Knee pain (over the tops of the knees)
- Weak thighs and legs
- Abdominal issues
- Beer bellies
- Ear problems
- Tinnitus
- Heart problems

Bladder Meridian - *Emotional energy when unbalanced: Fearful of the outside world, despairing, pessimistic. Emotional energy when balanced: Strong belief in God's goodness, optimistic, trusting, courageous.*

Bladder

Bladder Meridian is the longest energy meridian you have, travelling down the length of your spine, from the crown of your head to the tips of your toes. Given its length, and close association with the spine, it should be of little surprise to learn that Bladder Meridian governs the nervous system.

When the GodJuice in the Bladder Meridian is flowing well, you:

- Have a healthy, strong nervous system.
- Have the courage you need to move forward; the belief that things can improve; and the will to change your life for the better.
- Have a strong sense of trust that whatever situation you're in right now, even if it's very challenging or difficult, it's somehow for your good, and your problems won't go on forever.
- You can easily buy-into the idea that God has a solution waiting for you -

even if you currently can't even begin to fathom what it might be - which can prevent you from sliding into despair, when you hit a tough patch.

When the GodJuice in the Bladder Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You can become very fearful and scared about what's going to be.
- You can get overwhelmed by problems, because you can't see any way of solving them.
- You can lose hope that the future is going to be any different or better, which can cause you to fall in to a dark pit of futility and despair, and contribute to feelings of depression.
- The outside world can become a dark, foreboding, scary place.
- The fear of 'what will be?' can become overwhelming, particularly if you're going through a rough patch.

And the following physical issues:

- Headaches at the back of the head, or forehead
- Neuropathy (sore feet)
- Nervous system issues
- Poor hair growth
- Swollen ankles.
- Bladder problems; urinary tract problems
- All sorts of back and shoulder pains
- Arthritis
- Rheumatism
- Bursitis
- Turned-in feet; foot and ankle problems, bunions, flat feet, fallen arches etc
- Feeling off-balance
- Hard to walk
- Feeling despairing, pessimistic and suspicious of everything and everyone

Kidney Meridian - *Emotional energy when unbalanced: Loneliness, ashamed of the self, traumatized, 'frozen'; existential angst. Emotional energy when balanced: Deep acceptance of the self, strong, healthy connections to others; strong connection to God.*

Kidney

Kidney Meridian is the deepest Meridian there is, and traditional Chinese Medicine considers it to be primary storehouse of the body's energy.

When you get a good start in life - however you care to define that - the GodJuice in your Kidney Meridian will usually be strong and vibrant. When you have a less-than-ideal start, from either the nature of nurture perspective, Kidney Meridian energy is usually one of the first places that starts to deplete, often leaving you feeling exhausted, and somehow lacking the will to continue.

Kidney Meridian deals with detoxification: it moves out the poisonous stuff that the body and soul no longer needs. When you become overwhelmed with emotional and physical toxins, this weakens your Kidney Meridian, making it much harder for it to do its 'clean-up' job. This can create a vicious cycle, where the toxins start to back up, weakening your Kidney Meridian still further, and reducing the amount of GodJuice available to deal with any toxic build-up.

Two of the most powerfully destructive 'toxic' emotions are fear and shame. If they aren't recognized, acknowledged and dealt with, they can overwhelm and seriously weaken Kidney Meridian, especially if they've been building up over time, or from childhood, without ever really being cleaned out of your system.

When the GodJuice in Kidney Meridian is flowing well, you:

- Feel vibrant, full of ideas, enthusiastic about life and very motivated to create, do, build and learn.
- Can develop strong visions of how good things could be.

- Become committed to searching for, and finding, the truth.
- Have loads of energy, and an infectious enthusiasm that enables you to easily inspire others to join you in your quest to change the world for the better.
- Can fully embrace the lessons of the past, while still being willing and able to start afresh and renew yourself.

**When the GodJuice in the
Kidney Meridian is blocked or
unbalanced, you can experience
the following emotional issues:**

- You can get 'stuck' in the past, or in events that happened long ago, or in old family sagas or patterns, unable to move forward.
- You can feel overwhelmed by very deeply-held (and often completely sub-conscious) feelings of toxic shame and guilt.
- You lose your joie de vivre, and in severe cases you can feel like you've lost your will to live.

- You feel exhausted, tired and sapped of your most basic life-force.
- You can feel very defensive, and be very wary of discussing anything to personal or 'deep'.

And the following physical issues:

- Infertility; impotence
- Bone issues
- Eyesight
- Lower backache
- Ears; ear infections, inner ear stuff
- Poor libido
- General health of teeth and gums
- Osteoporosis (bone-related)
- Throat problems
- Prostrate issues
- Knee pain
- Swollen / weak ankles or legs

■ Sweaty feet

Circulation-sex Meridian - Emotional energy when unbalanced: Frustrated by 'over-choice', too many demands; ignores their own deepest emotional needs; commitment-phobic. Emotional energy when balanced: Has healthy priorities; recognizes and responds to their emotional needs; committed.

Circulation-Sex

Circulation-Sex regulates systems in the body, as opposed to a particular organ. As the name suggests, the two main 'systems' being regulated by the energy in this Meridian are the body's circulation, and its hormones.

When the GodJuice in Circulation-Sex Meridian is flowing well, you:

- Are full of energy, enthusiasm and joy, and you're the life-and-soul of the party.

- Find it very easy to act generously and caring.
- Can express yourself honestly and easily, and can form close, satisfying and healthy friendships.
- Feel at home in the world, liked and loved.
- Enjoy relationships that are characterised by acceptance, an easy and uncomplicated give-and-take of feelings, experiences and ideas, and a sense of love and mutual support that doesn't suffocate or squash anyone.

When the GodJuice in the Circulation-Sex Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You can find yourself feeling 'disconnected' and out of it.
- Your connection to your own sense of self becomes weak, making it difficult for you to know who, or what to trust, which can impact your ability to form

fulfilling and honest relationships with others.

- You often feel confused, anxious and unsure about yourself, other people, and everything else, leading to situations where you're by turns too clingy, or too aloof and distant.
- You find it hard to commit to, and trust others.
- You can 'burn out' easily, if the energy and caring you continually put out into the world isn't recycled back to you.
- You can end up being surrounded by people who are struggling to commit to, trust, or deeply love, others, leading to a proliferation of dysfunctional, complicated relationships.
- You can be prone to sudden mood changes, which only add to your confusion about who you really are, what you really want, and who (and what) is really good for you.

And the following physical issues:

- Hormonal issues
- Weak or cold legs
- Sciatica
- Blood pressure
- Cellulite
- Breast and nipple soreness or pain; production of breast milk
- Sexual problems
- Carpal tunnel
- Prostrate issues
- Impotence
- Sacrum issues
- Swollen armpits
- Sore glute muscles

Triple warmer Meridian - *Emotional energy when unbalanced: Heavy-duty stress; the 'fight / flight / freeze' response, aka 'I'm taking control, here, and looking after Number 1'. The energetic home of our inclination for 'bad', its main emotion is primal fear. Nothing can kill our joy and our connection to God as fast and as effectively as a rampaging Triple Warmer. Emotional energy when balanced: Feeling safe and secure; humbly trusting God's goodness.*

Triple Warmer

Triple Warmer, like Circulation-Sex, deals with a system, rather than a particular organ. Triple Warmer is probably the single most important Meridian to get into balance, as it holds the energetic key to conquering your negative emotions and bad character traits. Here's how:

Energetically, the Triple Warmer Meridian is meant to work in tandem with the Spleen Meridian, as the second arm of your immune system. Where Spleen tries to keep you healthy by making you feel good, Triple Warmer tries to keep you healthy either by blasting any suspected 'threat' to pieces, or by running away from it (the infamous 'fight or flight response').

Whether it's a flu virus, a poisonous foodstuff, or an aggressive would-be assailant, Triple Warmer has the job of sizing up the potential threat or danger to the self (ie, you), and then deciding whether it's better for you to try to fight your way out of the problem, or just run away from it.

If you get a virus, for example, Triple Warmer will react with a 'fight' response - your body's temperature will shoot way up to try and burn the virus out of your system, which you'll recognize as 'running a fever'.

If someone jumps out of the bushes at you, Triple Warmer will usually react - instantaneously - by giving you the strong impulse to run away as fast as you can, which is the classic 'flight' response.

Given the life-saving nature of its work, the Triple Warmer Meridian has the ability to conscript energy from every Meridian in the body, except the heart, to fuel your 'fight or flight' reflex. When Triple Warmer pulls energy away from the other Meridians in the body, these other Meridians are then temporarily weakened, and unable to fulfil their proper energetic roles.

If your Triple Warmer was only being tripped off once or twice a day, it wouldn't matter so much. But modern life is so stressful, and apparently so full of potential threats and dangers, that most people's Triple Warmers are permanently switched on today, and reacting to perceived 'threats' 24/7.

This has a number of consequences: When you go into Triple Warmer-induced 'fight' mode, that usually means that you're about to get overwhelmed by feelings of rage or anger. By contrast, when you go into 'flight' mode, you usually feel overwhelmed by strong feelings of fear or panic. When you fail to act on either of these 'fight' or 'flight' impulses (because deep down, you know that you actually can't just punch your boss in the face, or run away from the so-

cial event where you've been cornered by the town leech) - then you can start to feel overwhelmed and hysterical. If this happens a lot, you can make a sub-conscious decision to kind of switch-off from your feelings, and go emotionally 'numb', as a coping strategy to help you deal with continually feeling overwhelmed by strong, negative emotions.

None of these things are helpful, from a spiritual, emotional and physical perspective.

Even if you're someone who usually tries to keep a lid on your negative emotions and your stress response, you may well find that even with your best efforts to stay calm, something very small and insignificant can happen and you'll erupt in fury. Energetically, Triple Warmer is behind that response. It wants you to release all the immense emotional energy that you've been quietly building-up while you're under stress, and it's pulling your strings so that you have a rage fit, instead of having a heart-attack.

Triple Warmer depletes our Spleen Meridian energy

When you get stressed, the first place that Triple Warmer takes energy from is your Spleen Meridian, which governs your joy and ability to digest and metabolize food and knowledge, amongst other things. Chronically weak Spleen energy can mean that people lack *joie de vivre*, and can feel sad and depressed. Also, when you can't properly metabolize your food, and break it down into elements that your body can use, you can become intolerant or allergic to that food, or substance.

It only takes one allergic response for Triple Warmer to place that food, or allergen, firmly on its list of 'threats', and from that point on, it will up the ante, and up the physical response you have to it. This is why even mild allergies can become bigger problems over time, if Triple Warmer isn't taught to back down.

If your birth or childhood was characterised by fear and stress, for whatever reasons, then it's almost guaranteed that your Triple Warmer will be turned-on, and

over-reacting, way too much of time. When this happens, it can literally change your whole demeanour, personality, and outlook on life.

Triple Warmer 'steals' the GodJuice from your other Meridians

The GodJuice that Triple Warmer steals from the different parts of your body to deal with whatever 'emergency' it believes is happening constitute your best emotional resources. Nine times out of ten, those resources could be put to much better use, helping you to have a much happier, healthier, more enjoyable and fulfilling life.

If Triple Warmer is taking energy from your Large Intestine Meridian, for instance, which governs issues involving holding on and releasing, you could start to develop some serious control issues. If Triple Warmer instead decides to steal some juice from your Gallbladder Meridian, which governs tolerance and judgmentalness, you could start to judge others very harshly, leading to you developing feelings of rage, hatred, anger and intense dislike.

Let's take one more example: if Triple Warmer takes energy from your Bladder Meridian, which governs hope and optimism, amongst other things, then it makes it that much more likely that you could fall into feelings of pessimism and despair.

Triple Warmer maintains your habits

Triple Warmer also maintains our physical and mental habits. If you find yourself going in to the 'same old routine' - reacting with the same words, the same hissy fit, the same sense of despair and depression, Triple Warmer is definitely at play, keeping you trapped in a negative pattern of energy that you probably desperately wish you could break out of. (The good news is: you can! In the Chapter on working with Meridians, I'll give you a whole bunch of ways you can use to train Triple Warmer to start behaving better.)

And it's doing the same with your negative physical habits, too, encouraging you to reach for the Scotch when you've had a hard day; or to reach for the cigarettes when

you're stressed; or to reach for the chocolate when you're lonely, etc.

Now that we've got all the heavy stuff about Triple Warmer out of the way, you should know that there's a great many things you can do to take control back from your Triple Warmer. Out of all the Meridians, Triple Warmer responds the fastest to your intentions and conscious minds. It's really acts very similarly to a small, hysterical child: if you take the time to reassure your Triple warmer that you're actually OK, and to tell it that God is looking after you, it can start to calm down very fast.

So the main message you (and all of us...) need to give your Triple Warmer is:

'All is well. God is in control and it's all for my good. It's safe to let go.'

Energetically, there are a number of things you can do to 'sedate' the energy in Triple Warmer, which forces it to give back the energy its stolen from other parts of the body, and I'll cover that stuff in detail in Chapter 5.

When the GodJuice in Triple Warmer Meridian is blocked or unbalanced, you can experience the following emotional and physical issues:

- Feeling overwhelmed, panicked, anxious, angry, embarrassed or fearful
- Extreme shifts in temperature
- Sweating
- Autoimmune illnesses including asthma, hives
- Bi-polar conditions
- Long-term depression
- Personality disorders
- Adrenal exhaustion
- Thyroid problems,
- Hormonal problems; PMS
- Hysteria, hyper-ventilation, chattering teeth, chills, shaking, etc
- MS
- Fever

- Emotional shock and trauma
- Menopause, hot flashes
- Weight problems
- Diabetes
- Allergies

Gallbladder Meridian - *Emotional energy when unbalanced: Anger at others; very judgemental and critical; unforgiving; demanding. Emotional energy when balanced: Kind, merciful, tolerant and forgiving; healthy assertiveness.*

Gallbladder

Gallbladder governs the spectrum of emotions from tolerance to harsh judgement. It runs down both sides of your body, and is often involved in any 'one-sided' physical health issues you might have.

When the GodJuice in the Gallbladder Meridian is flowing well, you:

- Are tolerant of, and patient with others, which means that you try to judge them favorably and see them with a good eye.
- Have the self-confidence to act decisively, without treading on other people's toes in the process.
- Have the energy and courage you need to confront whatever needs confronting, to address it appropriately and fairly, and to move forward in life, and away from whatever suffocating or limiting role or circumstance you find yourselves in.

When the GodJuice in the Gallbladder Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You struggle to control your feelings of harsh criticism, judgement and anger against other people.

- You have zero tolerance of errors and mistakes; zero patience when things aren't done as you'd like them to be, or delivered on time, and you don't hesitate to speak harshly, critically and forcefully against other people.
- Your relationships with other people can become tense, fragile and strained, marred by fits of jealousy and rage, inflexible intolerance, criticism and blame.
- If your feelings of anger and resentment against other people aren't expressed but pushed down, you can experience smouldering resentment, hatred and an inability to forgive and move on.
- You can behave passive-aggressively, often experiencing sullen moods and intense feelings of frustration at objects, things and situations (instead of at the people who are really making you angry.)
- You feel unable to really listen, change, confront, or discuss anything of substance.

And the following physical issues:

- TMJ; jaw pain
- One-sided headaches (temple headaches)
- Migraines
- Grinding teeth
- Pain on side of eyes
- Swollen ankles
- Sciatica
- Gallstones
- Addicted to sedatives (alcohol, pills, marijuana)
- Addicted to stimulants (coffee, sugar, cigarettes)
- High blood pressure
- Hip problems
- Shingles

Liver Meridian - *Emotional energy when unbalanced: 'Beating ourselves up'; hyper-critical of the self; guilt feelings. Emotional energy when balanced: Positive feelings about the self; self-forgiveness and acceptance; able to nurture and care for the self.*

Liver

Liver Meridian governs pressure build-up and direction, both energetically and physically. It sends powerful amounts of energy and blood around your body, and confronts poisons and challenges to your spiritual and physical health, in an effort to detox you.

Emotionally, Liver energy can also really move mountains, and is very responsive to the power of the mind - both for good and for bad.

When the GodJuice in the Liver Meridian is flowing well, you:

- Can be focused, assertive, truthful and confident - but not at anybody else's expense.
- Have clarity about what needs to happen, and when, and how, but this will come along with a big dose of kindness, and a profound understanding that different people do different things in different ways.
- Look for ways to encourage others to make the best use of their innate, God-given talents and abilities, instead of demanding that people bend to your will, or your way, or your vision.
- Cut yourself, and other people, a lot of slack, and you understand that true, lasting success often requires a great deal of trial and error.
- Get things done, and you aren't afraid to try new things, and to grow in different directions.

- Enjoy being yourself, and you don't feel threatened by differences. You have enough inner confidence to stand out from the crowd, or to swim against the tide, if that's the path you need to go on, and you will give everything you have to a cause, mission or job you believe in.

**When the GodJuice in the
Liver Meridian is blocked or
unbalanced, you can experience
the following emotional issues:**

- You start beating yourself up a lot - about everything - and you can start to feel frustrated and angry with yourself for not doing things differently, or better, or like so-and-so.
- You blame yourself mercilessly whenever something goes wrong, and can judge yourself very harshly.
- You feel guilty for being 'flawed you', instead of Mr or Ms Perfect, up the road.
- You start to view your quirks and eccentricities as problematic.

- You can become a fierce believer in doing things ‘by the book’, and start to feel threatened when others start to develop more of an individual streak, or begin to pull away from your ‘normal’, accepted way of doing things.
- You can easily get lost ‘in the process’; you can be so busy trying to ‘make things happen’ that you can lose sight of what you’re actually doing it all for.
- You struggle to be patient with yourself and others, because you can clearly see where you want to get to (or what you want others to do) - but you can’t seem to make it happen.
- You can find it hard to wake up without a coffee or some other stimulant, and / or you frequently turn to pills, alcohols or some other sedative to help you ‘slow down’.

And the following physical issues:

- Eye problems, including teary eyes; ‘sun is too bright’ issues; blurry vision; spots before the eyes

- Cataracts; stigmatism
- Candida;
- Thick, yellow toenails;
- Fungus issues
- General toxicity
- Tendency to drink too much (coffee; alcohol)
- Hypertension
- Tightness in the chest and / or upper back
- PMS
- Jaundice
- Menopause issues
- Hepatitis
- Low sperm count

Lung Meridian - *Emotional energy when unbalanced: Profound sadness and grief; yearning; unwillingness to get emotionally-involved with others; aloof. Emotional energy when balanced: Belief in God's goodness; renewal, excitement, an ability to let go and move on; ability to connect to others at the deepest levels.*

Lungs

The Lung Meridian contains the last energy before death - it's literally, the last 'breath' that you'll take. Fittingly, Lung energy is about evaluation, completion and closure.

When the GodJuice in the Lung Meridian is flowing well, you:

- Have high ethical standards, clarity, and a humble and even reverent, respect for others
- Have a lot of deep insight and thoughtfulness.

- Can deal with 'ends' and conclusions and 'partings' without getting overwhelmed by grief and sadness.
- Have a profound awareness that you are here to do a job, which means that you efficiently and shrewdly measure everything against this back-drop of achieving the ultimate goal of life.
- Recognise that 'ends' have to happen for 'beginnings' to start, and self-renewal comes easily and often to you.
- Can easily let go of things that you no longer require, or need, while still being profoundly grateful for having had the thing, person or experience in your life, in the first place.
- Are grateful for even the small things in life, (like taking a breath of fresh air..) and you'll be aware of what's really important and worthwhile.
- Stay focused on your higher goals, and you'll actively pursue your more spiritual dimension.
- Inspire others to evaluate and consider their path in life, and to ponder what

happens 'after the last breath' has been taken.

- Aren't scared of being alone, and you'll use your inevitable periods of 'aleness' for introspection, re-evaluation, prayer and inner-growth.

When the GodJuice in the Lung Meridian is blocked or unbalanced, you can experience the following emotional issues:

- You can easily become gloomy, sad and detached from others, because it's all going to end, anyway, so what's the point in trying to do anything, or in opening yourself up to anyone, or in loving someone else?
- You can find yourself 'holding your breath', waiting for bad things to happen.
- You can become very disillusioned with life, and find yourself mechanically going through the motions, instead of living life to the full.

- The idea of having 'fun', or breaking the rules, or doing things differently and spontaneously becomes anathema to you.
- You can get stuck on, or left behind in, your massive disappointments, unable to let go of them and move on in your life.
- You can become a stickler for rules, order, and dry, boring, predictability, and you can get very upset when someone or something disrupts your formality and routine, however much it may actually be suffocating you.
- You find it very hard to cope when 'structure' disappears from your life.
- Your 'aloneness' can quickly turn into a profound sense of loneliness, pessimism and gloom.

And the following physical issues:

- Can't breathe properly
- Tuberculosis
- Pneumonia

- Shortness of breath,
- Insomnia (in the early morning)
- Skin problems; itching,
- Frozen shoulder; problems with the shoulder cap,
- Colds; coughs
- Flu
- Bronchitis

Large Intestine Meridian - *Emotional energy when unbalanced: Control-freak; a need to be in control, even when it's damaging the self and others. Emotional energy when balanced: Surrenders control; can let go outmoded, unneeded, or toxic things.*

Large Intestine

You can sum-up the energy of Large Intestine like this: it's all about the ability to let

go. Large Intestine energy is also associated with maintaining high standards; and acting ethically and with integrity; and keeping the form, and the law.

When the GodJuice in the Large Intestine Meridian is flowing well, you:

- Still make your best efforts to act appropriately, and to succeed, and to do the right thing, but you'll also find it easy to let go, and to hand ultimate control back to the God.
- Understand that while you have to make an effort, and to strive to do your best, the final outcome is not up to you: it's up to God.
- You're happy with your lot in life, which means you can be flexible, relaxed and accepting, even when life isn't going the way you planned, and even when you're facing some very difficult challenges.
- Give out a lot of 'light', even in the middle of the darkness, and people are still attracted to you and enjoy your company.

When the GodJuice in the Large Intestine Meridian is blocked or unbalanced, you can experience the following emotional issues:

- Your ability to 'let go' becomes blocked, and you can develop pedantic control-freak tendencies.
- You'll still want to do the right thing, but you get bogged-down in all the rules and externals, which can prevent you from accessing the more important inner dimension.
- You can become controlled by your 'control freak' energy, becoming worried, anxious and depressed when even the smallest detail doesn't go to plan.
- You start to develop an unhealthy desire for things to be 'perfect'.
- You can become inflexible, arrogant and rigid, and find it very difficult to let go of what you want, or what you think - even when you can see it's harming you, in some way.

And the following physical issues:

- Digestion issues
- Colonic disorders
- Constipation / diarrhoea
- Haemorrhoids
- Hip problems
- Herpes
- Lower back pain
- Nose problems
- Mineral deficiencies
- Toothaches
- Cellulite (on the thighs)

What do I do next?

If you already know what your physical issues are, an easy way to start is to check to see what Meridian, or Meridians, they could be associated with, using the following easy-to-use quick reference guide, below. Alternatively, if you already know that you have

a particular emotional issue or challenge, hopefully you'll be heartened to learn that it's not necessarily hard-wired into your psyche, but could well be the result of an energetic imbalance in your body's Meridians.

Quick Reference Table:

Meridians and their associated physical issues

Stomach
Acid indigestion; reflux
Allergies
Bags under the eyes
Bloating and gas
Digestion issues
Hunger
Lip and mouth sores
Neck pain
Nervous Tension
Ovary issues
Sinusitis
Sore throat
Stomach aches
Stomach ulcers
Tender Breasts
Weight Problems

Spleen
Allergies
Anemia
Anything to do with blood
Carpal Tunnel Syndrome
Cysts
Diabetes
Edema (swelling)
Fertility / pregnancy issues
Hypoglycemia
Immunodeficiency issues
Infections
Lymph nodes
Varicose veins
Weakness (general feelings of)
Weight Issues

Heart
Angina
Arteries
Bleeding gums
Blood pressure (high or low)
Chest pains
Circulation issues
Dizziness
Eczema
Heart issues

Heart, continued
Sleep issues
Swollen glands

Small Intestine
Abdominal issues or pain
Beer bellies
Knee pain
Shoulder pain
Tinnitus / ear problems
Weakness in legs

Bladder
Ankle pain / weakness
Arthritis
Baldness
Back pain (general)
Calf pain
Elbow issues
Fallen arches / flat feet
Headaches (at the front of the head)
Joint pain
Nervous system issues
Osteoporosis
Sciatica
Scoliosis

Kidney
Acne
Bone weakness / issues
Back pain (lower back)
Ear issues; earaches
Edema
Eyesight
Infertility / impotence
Low libido
Prostrate
Swollen ankles
Tooth / gum issues

Circulation-Sex
Hormones
Impotence
Prostrate issues
Sacrum issues
Sexual issues
Sore breasts, nipples, or buttocks

Triple Warmer
Adrenal exhaustion or burn-out
Allergies
Asthma
Diabetes
Fever

Triple Warmer, continued
Hives
Hormonal issues
Hypoglycemia
Menopause
Mood swings
PMS
Temperate issues (too hot; too cold)
Weight issues

Liver
Blurry vision
Candida
Eye infections / diseases
Fungal diseases
Hepatitis
Hypertension
Jaundice
Low sperm count
Menopause
PMS
Toenail problems (thick; yellow)
Toxicity

Gallbladder
Arthritis
Bitter taste in the mouth

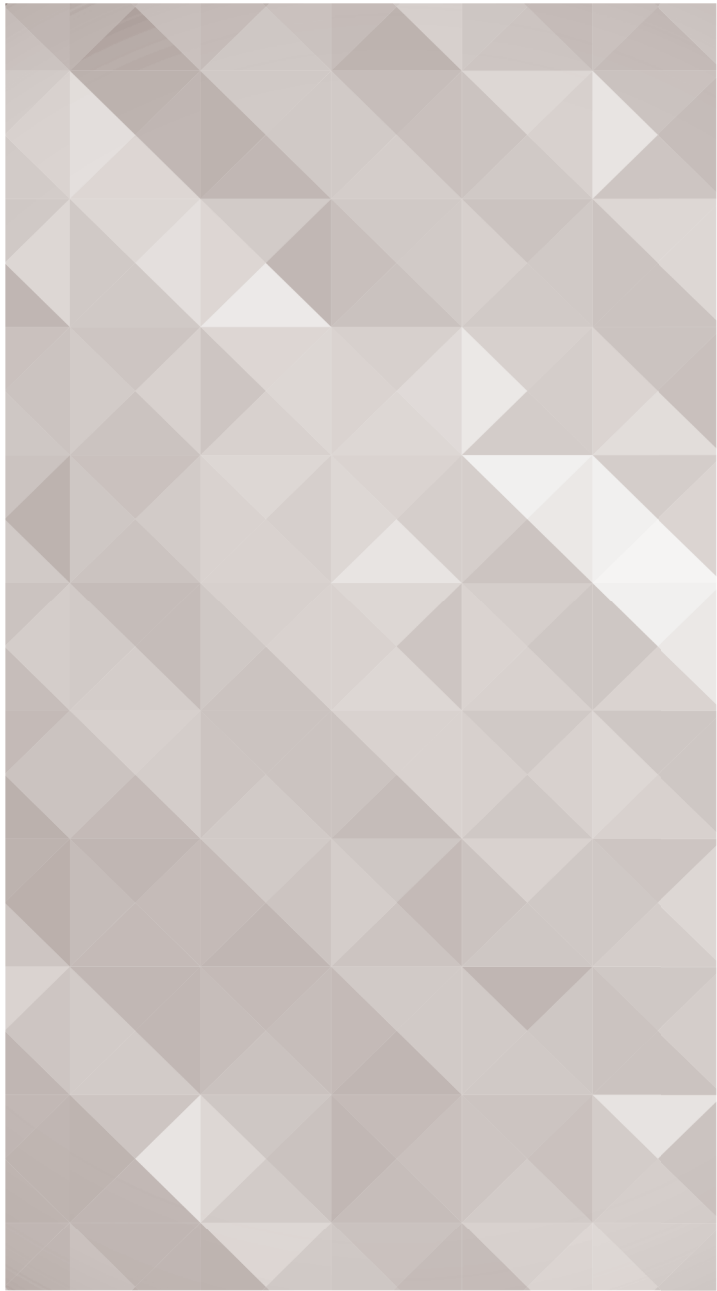
Gall bladder, continued
Blood pressure (high)
Gallstones
Hip pain or issues
Jaw pain; TMJ
Leg pain (side of the legs)
Migraine headaches
‘One-sided’ issues, including headaches
Shingles
Teeth grinding

Lung
Bronchitis
Chest infections
Colds
Coughs
Flu
Pleurisy
Pneumonia
Respiratory issues
Shortness of breath
Skin issues
Tuberculosis

Large Intestine
Colic pain
Colonic issues
Constipation; Haemorrhoids
Diarrhoea
Herpes
Hip problems
Mineral deficiency
Nose issues
Toothache

Once the energy is unblocked and strengthened in the particular Meridian, the emotional and spiritual issue will also start to move by itself, even if no additional conscious thought is given to it.

In the next part of the book, I'll tell you how to trace, sedate and strengthen the 14 main energy Meridians, and in many instances, these basic acupuncture tools may well be all you need to get things moving for you, especially if you're also putting God in the picture.



Chapter 5

Energy Medicine Techniques for Balancing Your Meridians

FOR THE PURPOSES OF THIS pocket guide there are four main, basic, ways that you can easily and safely balance the energy in your Meridians by yourself, in the comfort of your own home. They include:

- **Tracing the Meridians**
- **Massaging the relevant neurolymphatic points for around 10 seconds (on the chest and back)**

- **Strengthening and sedating the acupressure points**
- **Holding the relevant neurovascular points, on the head**

Once again, let me reassure you that you don't need to be an expert in energy medicine, or acupressure, or applied kinesiology, or even in praying, to get the techniques in this book to work for you. You just need to be willing to give things a try, to put God in the picture, and to grasp the basic concept that the best, fastest and most efficient approach to resolving your health and emotional issues is to work on them from both angles, body and soul, together.

So without any further ado, let me introduce you to the first energy medicine technique, called tracing your Meridians.

1. HOW TO TRACE YOUR MERIDIANS

Each Meridian has its own pathway, and directional flow, in the body. Our hands contain an electromagnetic field, or 'energetic force' that acts like a subtle magnet for the energy contained in the Meridian. When we trace a Meridian, we're effectively pulling the energy it contains along its pathway, encouraging it to flow better, and to overcome any energetic obstacles or blocks that may have been keeping it stuck or stagnant.

(I know this sounds a bit 'star trek', but a number of scientific studies have been shown that prove this theory. If you'd like to know more about the scientific basis for energy medicine, I highly recommend *'Energy Medicine: The Scientific Basis'*, by James L. Oschman, PhD.)

To trace a Meridian, simply use the flat of your hand to 'trace' the pathway (as shown in the pictures below) from the start to the finish. Your hand can be touching your body, or held 2/3 centimetres away from it. Don't worry about doing it too precisely; if you're using the flat of your palm, you're covering a

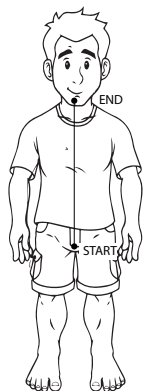
wide enough area to be sure of being in the right place.

Ideally, aim to trace your Meridians every day, in the order given below:

TO TRACE CENTRAL MERIDIAN:

1. Begin at your pubic bone.
2. Using both hands, trace straight up the middle of your body, to your lower lip.

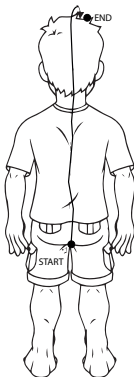
Night / Midnight



TO TRACE GOVERNING MERIDIAN:

1. Using both hands, begin at your sacrum (the bony knob at the very bottom of your spine) and bring both hands up the centre of your back, as far as they'll go.
2. When you get to your shoulder blades, leave the first hand on your back, then take the second hand over your head and shoulders, and try to get your hands to touch (if they can't, imagine them touching).
3. Take the second hand up over the back of your head, over your forehead, to the top lip.

Day / Noon



TO TRACE STOMACH MERIDIAN:

1. Using both hands, place your fingertips on your cheekbones, below your eyes. Circle around the outside of your eyes, over your eyebrows, and straight down your nose and chin.
2. Trace out across your clavicles, down over your nipples, then down the centre of your stomach.
3. Flare out again at the hips, then continue tracing down the front of your leg, to your second toe.

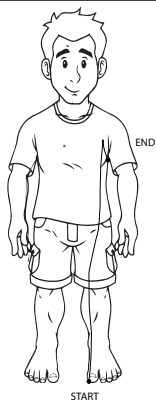
7-9 AM



TO TRACE SPLEEN MERIDIAN:

1. Start at the outside tip of your big toe.
2. Trace straight up the inside of your leg, straight up over the stomach and ribcage, to your armpits.
3. Trace back down to the bottom of your ribcage. Repeat on the other side.

9-11 AM



START

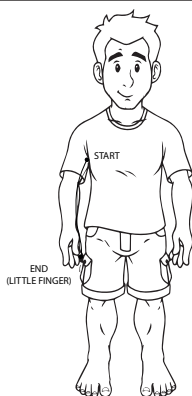
HOW YOUR EMOTIONS ARE MAKING YOU SICK

TO TRACE HEART MERIDIAN:

1. To begin, put your hand under your armpit.
2. Trace along the bottom of your arm, to the pinkie finger. Make sure you really pull the energy off the pinkie finger. Repeat on the other side.

11 AM – 1 PM

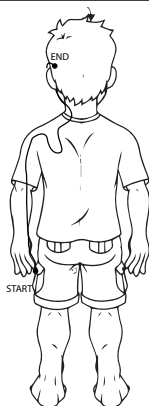
NB: NEVER TRACE THE HEART MERIDIAN BACKWARDS



TO TRACE SMALL INTESTINE MERIDIAN:

1. Start at the tip of your little finger. Trace up the outside of your arm.
2. Trace across the back of your shoulder, and drop down around your shoulder blade.
3. Trace up the back of your neck, then come around your neck to the front of your face.
4. Trace to your cheekbone, then take it back to just by your ear. Repeat on the other side.

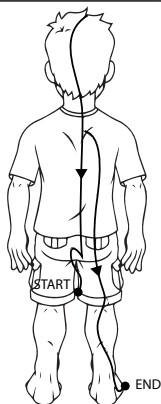
1 – 3 PM



TO TRACE BLADDER MERIDIAN:

1. Begin at the top upper lip, and bring both hands over the crown of your head, and down your spine, to the top of your buttocks.
2. Pause, then indent your hands and trace around the bottom of your buttocks.
3. Take both hands up to the top of your back (thumbs by armpits), and trace straight down the backs of the legs, and off the little toe.

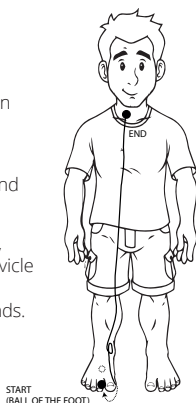
3 – 5 PM



TO TRACE KIDNEY MERIDIAN:

1. To begin, use both hands, and press in on the ball of each foot, (do both feet together).
2. Trace up to the ankle, and circle around the ankle bone.
3. Trace straight up the inside of the leg, over the ribcage, to just below the clavicle bones (the K-27 points). Vigorously massage these points for a few seconds.

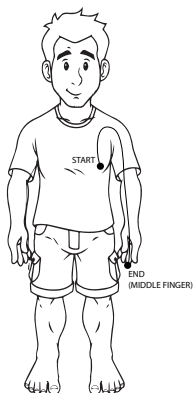
5 – 7 PM



TO TRACE CIRCULATION-X MERIDIAN:

1. Place your hand over your nipple.
2. Trace along your inner arm, until the tip of your third (middle) finger.
3. Repeat on the other side.

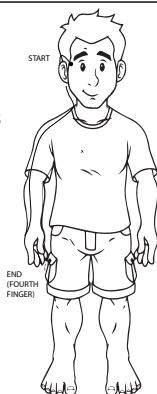
7 - 9 PM



TO TRACE TRIPLE WARMER MERIDIAN:

1. Using both hands, place your fingertips at your temples; then trace around the back of your ears, and down the back of your neck to your shoulders.
2. Continue tracing down the outside of your arm, ending at the fourth (ring) finger.
3. Repeat on the other side.

9 - 11 PM



TO TRACE GALLBLADDER MERIDIAN:

1. Using both hands, begin at the corner of your eyebrows; make a circle on your temples, then trace back to behind the ears
2. Bring both hands together to your forehead, then back across the crown of your head, and down the back of your neck.
3. Trace down the sides of your body, going back on the ribcage, then forward again on the hips, down the sides of your legs, then off your fourth toe.

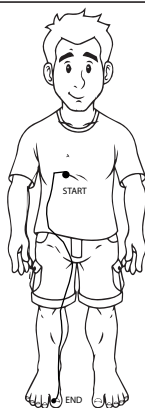
11 PM – 1 AM



TO TRACE LIVER MERIDIAN:

1. Start at the inside of your big toe.
2. Trace straight up the inside of your legs, flaring out at the hips.
3. Trace up over your stomach, then horizontally under your pecs, stopping in line with your nipples. Repeat on the other side

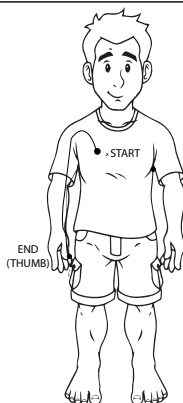
1 – 3 AM



TO TRACE LUNG MERIDIAN:

1. Place your hand on your chest, over your lung.
2. Trace straight down the inside of your arm, to your thumb. Make sure to pull the energy off your thumb.
3. Repeat on the other side.

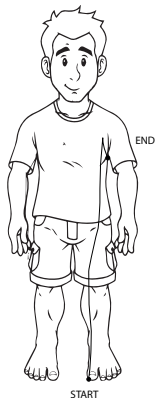
3 - 5 AM



TO TRACE LARGE INTESTINE MERIDIAN:

1. Start at the tip of your pointer finger. Trace up the outside of your arm, and around your shoulder.
2. Continue tracing across your clavicle bones to your throat.
3. Trace up over the bottom of your face (to the side of your chin) to the tip of your nose, then trace back to the 'flare' of your nostril. Repeat on the other side.

5 - 7 AM



2. HOW TO MASSAGE YOUR NEUROLYMPHATIC POINTS

An overview of your lymph system

There are two main types of ‘fluid’ that move things around your body: blood and lymph.

Blood you probably already know a fair bit about, and you probably also know that the mechanism that causes the blood to freely move around your body is called your heart. Every time your heart beats, it pumps fresh blood around your body, and sends the old, deoxygenated blood off to be revamped.

By contrast, lymph doesn’t have its own innate ‘pump’ system, which can make it that much easier for your lymphatic system to get clogged up and blocked. So now, you’d probably like to know what it is your lymph actually *does*.

The simple answer is that your lymph takes care of removing all the waste material that your body doesn’t need anymore, like bits of hormones, dead cells and even, toxic emotions and other chemicals (because your

emotions are actually caused by, and cause, chemical reactions within the body.)

When all that stuff is moving out nicely, your body is working great, you'll have energy, and the waste matter won't hang around long enough to start causing you problems. But when your lymph system is slow or stagnant, that's when trouble and illness can strike.

From the point of view of the body's energy Meridians, blocked lymph can disrupt, weaken and stop the flow of energy around your body, via a particular Meridian. But the opposite can also be true, with a weak or problematic Meridian contributing to lymph blockages.

So how do you get your lymph flowing around and in good shape?

There's a few answers, and none of them are definitive. All of the below will help:

- i. **Exercise regularly** - Working up a good sweat two or three times a week is one of the best ways to keep your lymph in good shape. If you can't manage a reg-

ular gym session or tennis game, don't despair: try to walk as much as possible, and take the stairs (even one flight...) whenever you can. Dance to Queen in your kitchen, while you're making supper. Every little bit of exercise and movement you do could lead to a big pay-off for you, lymph-wise.

- ii. **Keep your physical toxins down** - Candy bars, McDonalds, petrol fumes, cigarette smoke, over-the-counter drugs and household products containing chemicals should be kept to a minimum. The healthier you eat, the healthier you live, the less nasty stuff your lymph system actually has to move out. But physical toxins is only half the equation (see the next point, below).
- iii. **Learn how to release your negative emotions in a healthy way** - (*Talk to God and Fix Your Health* and the Knowledge Base of the JEMI website, at www.jemi.website/knowledgebase both contain a lot of ideas and tips on how to actually do this in practice.) Don't bottle up your anger, jealousy, resentment or despair, or just try to ignore it. Also,

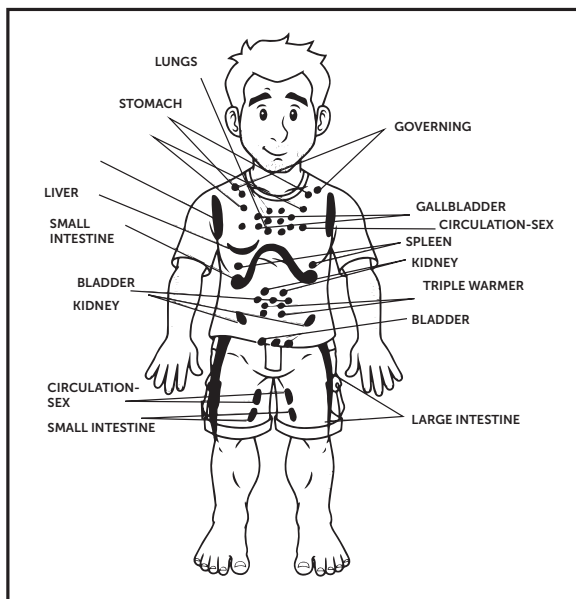
don't just give into your negative emotions, and let them take over. Remember, emotions are chemicals, and they cause chemical changes in your body that can be incredibly powerful forces for health and well-being, or the opposite.

Negative emotions that aren't dealt with in a healthy way back up in your body, block your lymph, and can act like the worse physical toxins.

Regularly massage your neurolymphatic points - You have a number of neurolymphatic points all over your body, and each one is associated with a particular Meridian. Take a minute to feel around every day, and identify 2 or 3 points that feel a bit sore or tender - that's a key sign that the energy has got blocked there. Then, simply massage the relevant points for around 10 seconds. Once the stagnant energy has been broken up and 'moved on', the tenderness will reduce, and even disappear. If you do this every day, your lymph will start to move around much more effectively.

You can also use the diagram below, to identify which neurolymphatic points are associated with the particular Meridian you need to work on, or vice-versa: knowing that a particular neurolymphatic point is sore or tender can also give you an important clue about which Meridian may be out, and what emotions might be causing the problem.

The Neurolymphatic Points



3. HOW TO STRENGTHEN AND SEDATE YOUR ACUPRESSURE POINTS

This is the ‘major artillery’ of the energy medicine techniques you’ll learn in this pocket guide. While working with the acupuncture points is more time-consuming than the other techniques, they also tend to be more powerful interventions, and you can often experience some fast and fundamental shifts.

General guidelines

If you think a lot of your Meridians are unbalanced; OR, you’ve read the description for Triple Warmer in the previous chapter and you’re pretty sure that your Triple Warmer Meridian is over-reactive and switched-on most of the time (leading to feelings of overwhelm, and regular fight /flight / freeze impulses), use the acupuncture points for sedating the Triple Warmer Meridian before working with the other Meridians.

An over-reactive Triple Warmer ‘steals’ the energy from the other Meridians, leaving them weak and / or blocked. When you sedate

your Triple Warmer, the first thing it does is shoot some of that stolen energy back to the other Meridians it came from, giving you some energetic ‘juice’ to actually work with.

There’s one caveat to this: if you’re regularly sedating Triple Warmer, make sure you’re also regularly strengthening your Spleen Meridian too, to ensure that your body still has enough basic energy to avoid falling into a sad or depressed state. (And if you’re already feeling sad or depressed, this goes double.)

As the Triple Warmer Meridian plays such a crucial, pivotal role in maintaining your mental and physical health, I’ve devoted a whole chapter to it, a little later on.

How to hold your acupressure strengthening and sedating points

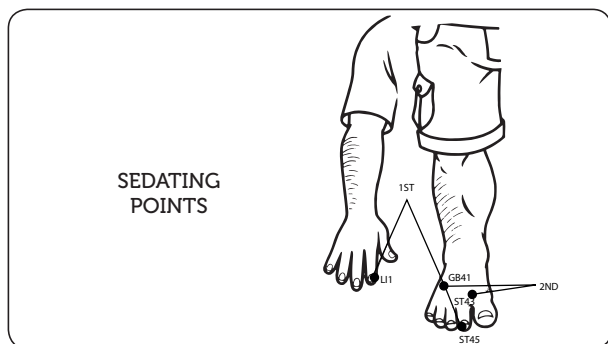
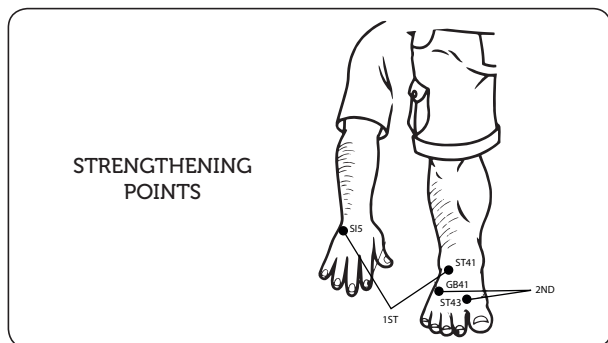
The procedure is the same for both sedating or strengthening:

1. Gently but firmly hold the first set of points (marked ‘first’) for between 2-3 minutes, or until you can feel a pulse. Then, hold these ‘first’ points on the other side of the body for the same amount of time.

2. Gently hold the second set of points (marked 'second') for between 1- 1/2 minutes, or until you can feel a pulse. Switch sides, and repeat.

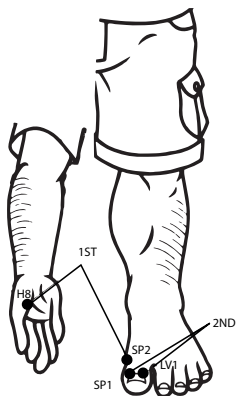
Do this one to three times a day, as the need arises.

STOMACH

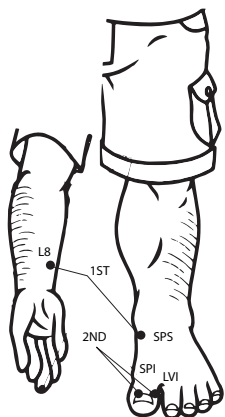


SPLEEN

STRENGTHENING POINTS

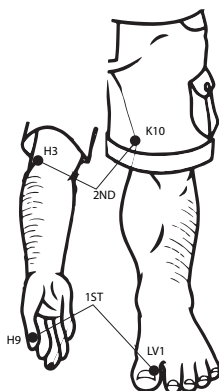


SEDATING POINTS

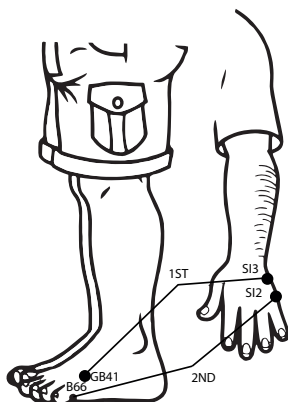


HEART

STRENGTHENING POINTS

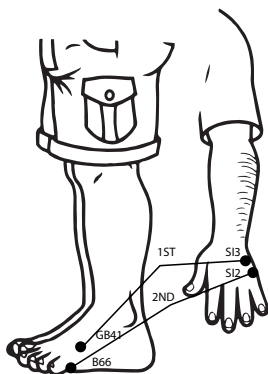


SEDATING POINTS

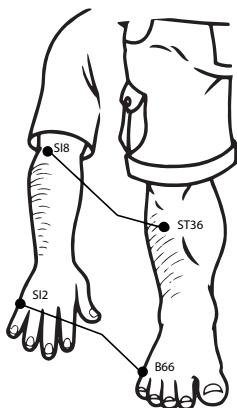


SMALL INTESTINE

STRENGTHENING POINTS

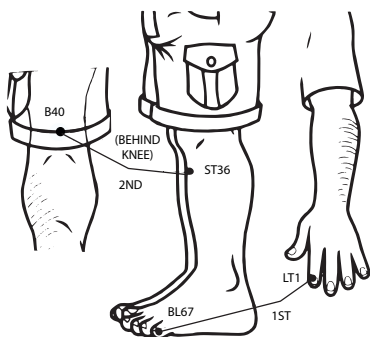


SEDATING POINTS

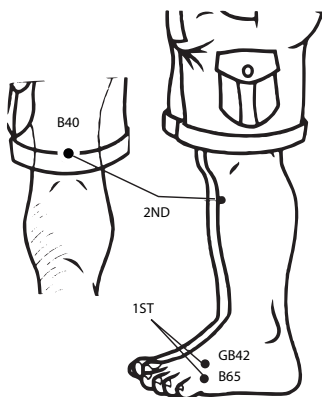


BLADDER

STRENGTHENING POINTS

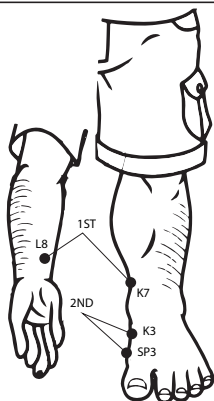


SEDATING POINTS

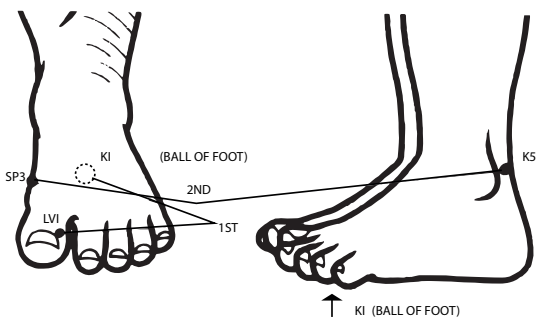


KIDNEY

STRENGTHENING POINTS

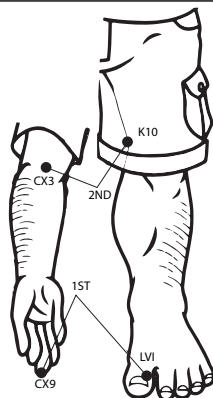


SEDATING POINTS

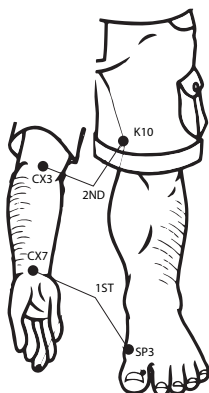


CIRCULATION-SEX

STRENGTHENING
POINTS

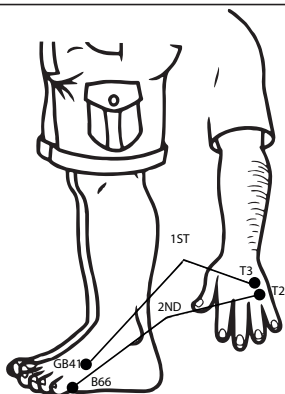


SEDATING
POINTS

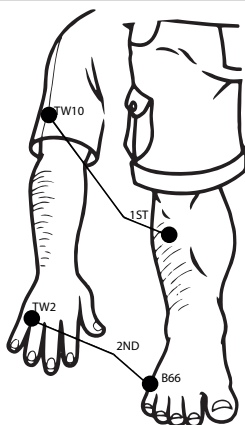


TRIPLE WARMER

STRENGTHENING
POINTS

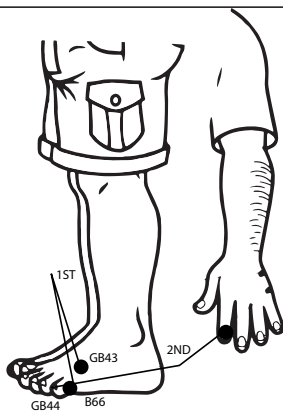


SEDATING
POINTS

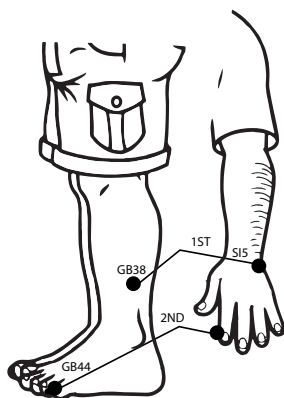


GALLBLADDER

STRENGTHENING POINTS

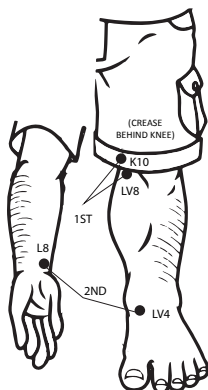


SEDATING POINTS

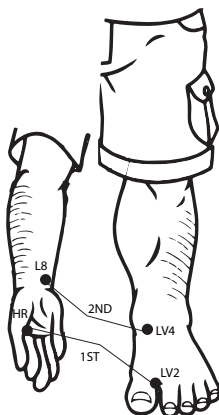


LIVER

STRENGTHENING POINTS

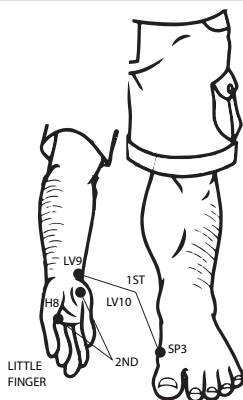


SEDATING POINTS

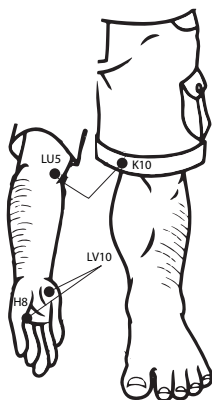


LUNG

STRENGTHENING POINTS

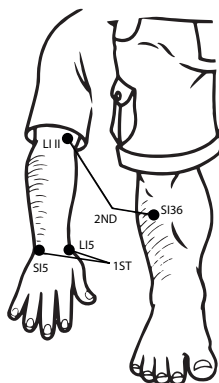


SEDATING POINTS

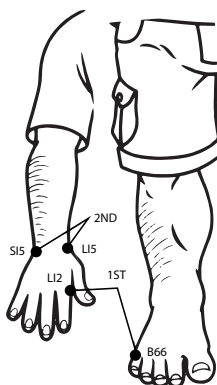


LARGE INTESTINE

STRENGTHENING POINTS



SEDATING POINTS



FAQs About Using Acupressure

“When should I ‘sedate’ and when should I ‘strengthen’?”

You can safely experiment with these techniques to see what works for you, because acupressure is non-invasive, and even if you don't actually need a particular procedure, it won't do you any harm. (That said, I'm still including some safety data info below, just to be on the safe side.) But the general guidelines are as follows:

Sedate: When you are dealing with tension, pain or a blockage on a particular Meridian. Pain is usually a sign of excess energy being present in the Meridian.

Strengthen: When you're dealing with chronically weak energy in a particular Meridian.

Are there any safety issues?

As mentioned acupressure is non-invasive, and shouldn't do you any harm, even if you don't actually need a particular proce-

ture. That said, there are a few provisos you should take into account:

» **Always strengthen heart and spleen Meridians**

You won't even find the points for sedating the Heart Meridian here, because it's not a good idea to sedate heart unless you're an acupressure guru of many years' standing (and even then, maybe still not...) In a similar vein, you should NEVER trace the heart Meridian backwards. Also, because spleen energy is chronically weak in nearly everyone today, it's nearly always a good idea to just strengthen spleen.

An exception could be if you're dealing with blood clots, or something similar. In those circumstances, sedate spleen first, but then strengthen it again immediately afterwards.

» **Guidelines for Pregnant Women**

You should avoid using any acupressure techniques on the abdominal area during pregnancy, and you should also work more gently than otherwise.

» **People with life-threatening illnesses**

Consult with your physicians before doing acupressure.

» **People with serious burns / recent scars**

Don't press directly on these areas until they've healed, which usually takes at least a month.

» **Use your common sense**

Common sense and intuition are the key to getting acupressure to work for you. If something doesn't feel right, or is causing you a lot of discomfort and pain - stop.

Ask God what's going on, and then try a different approach to solving the problem.

4. HOW TO HOLD YOUR NEUROVASCULAR POINTS

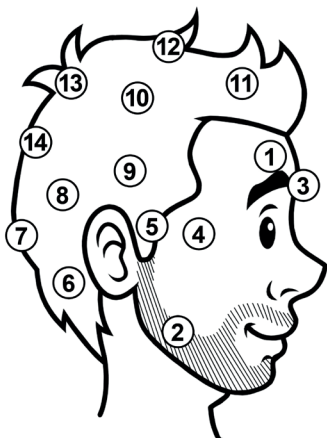
Your neurovasculars are that points that govern what happens to your blood-flow and energy under stress. As well as being all over

the head, they are also behind the knees, and in the centre of the throat.

To hold the main neurovasculars, gently place your fingers on the relevant point (each point is associated with a different Meridian and its associated emotion), at the same time as you're gently holding the main neurovascular points on the forehead.

You should hold the neurovascular points for up to five minutes, or until you feel a pulse, or some distinct 'lessening' or movement in your emotional intensity. You can find additional information about how to use the neurovasculars to defuse anxiety and stress in the chapter on dealing with the Triple Warmer Meridian.

THE MAIN NEUROVASCULAR POINTS



- | | |
|---|--|
| 1. The main stress neurovascular points | 9. Spleen |
| 2. Stomach | 10. Large Intestine; Small Intestine;
Kidney; Circulation - X |
| 3. Bladder | 11. Liver |
| 4. Kidney | 12. Lungs; Heart; Central; Liver;
Gallbladder |
| 5. Triple Warmer | 13. Spleen |
| 6. The main stress lymphatic points | 14. Triple Warmer |
| 7. Kidney | |
| 8. Circulation - X | |

ADDITIONAL INFORMATION ABOUT WORKING WITH MERIDIANS

Meridian Wheel

Each Meridian has its own ‘peak time’, a two-hour slot when its flow is particularly strong, and ‘ebb’ time, the two-hour slot when its flow is particularly weak. As Central Meridian is a ‘global’ Meridian that affects the functioning of the whole person, its peak time is at night, particularly around midnight. Governing Meridian, the other ‘global’ Meridian peaks in the day, particular around noon.

The energy in each Meridian should be especially strong at its specific ‘time of day’, which you’ll find marked on the Meridian Wheel diagram, below. If the Meridian flow is weak at that time of day, then that’s usually a clear sign that it’s not getting the energetic juice it needs.

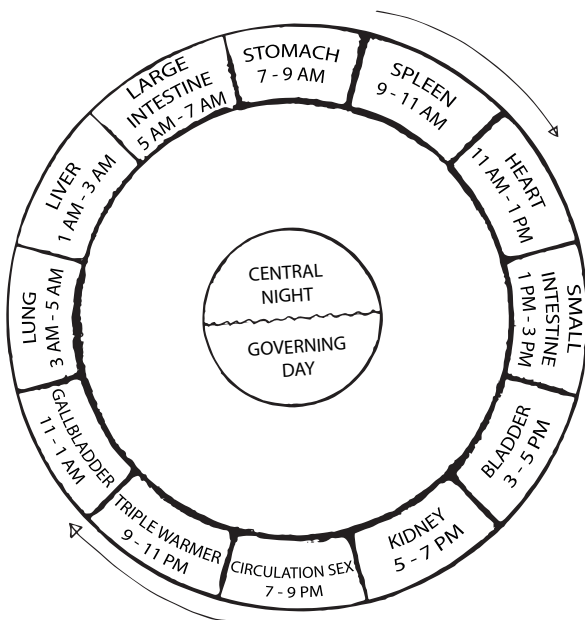
At this point, you might be wondering how you can tell if the Meridian is getting the flow it needs. This is one of those times

when a visit to a local acupuncturist, kinesiologist or energy medicine practitioner could be helpful.

But another way where you can often diagnose what Meridians may be blocked or unbalanced by yourself is to see whether your symptoms show up at a particular time of day.

To give a couple of examples, if the shooting pains in your legs tend to worsen between 3-5pm, that could be a key indication that the Bladder Meridian is involved in the problem. Or, if you're waking up early in the morning between 3-5am, which is lungs' time, that's another potentially valuable clue. (As an aside, that's often why many people experience breathing difficulties early in the morning, during the Lung Meridian time.)

THE MERIDIAN FLOW WHEEL



Check down the line

Sometimes, a problem may be showing up in one Meridian, but the source of the issue is actually occurring further back down the energy line, or further forward, in a completely different place.

Again, correctly figuring this stuff out normally requires a little more expertise in working with Meridians that you'll get simply by reading this pocket guide, and you may need to get some additional input from a God-fearing practitioner.

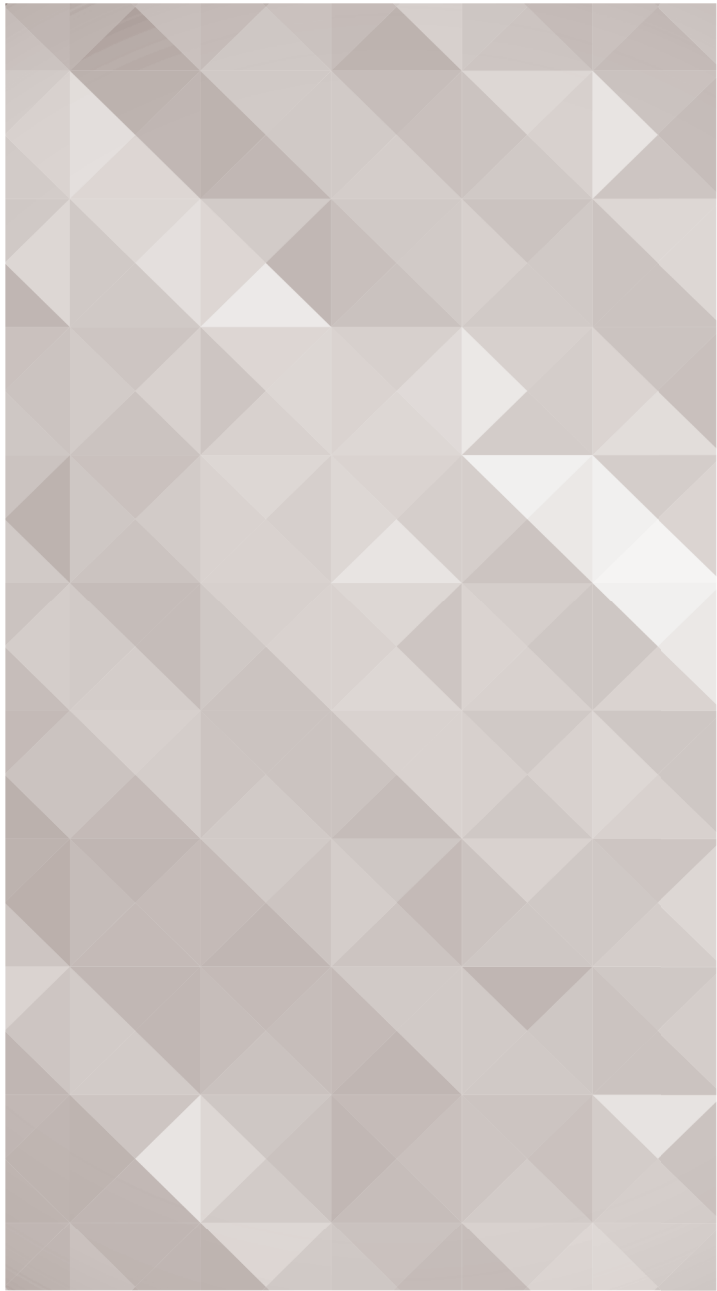
But as a general rule of thumb, if you can't seem to strengthen a chronically weak Meridian, or get the problem to shift, that's often an indication that the real problem is elsewhere, usually in one of the following three places:

1. The Meridian immediately preceding it, on the Meridian wheel
2. The Meridian immediately following it, on the Meridian wheel

3. The Meridian that is directly opposite it, on the Meridian wheel.

For example, the Lung Meridian time is 3-5 am, and its opposite counterpart is the Bladder Meridian, at 3-5 pm.

Experiment with these techniques, talk to God about what's really going on, and don't be afraid to go with your intuition. None of the techniques you're learning in this pocket guide can harm you (if you're following the safety guidelines outlined above), so don't be scared to experiment, to see what works.



Chapter 6

Working with Triple Warmer

IN ALL INSTANCES WHEN WORKING with weak or blocked Meridians, the best place to start is by sedating Triple Warmer, as it will then shoot energy back to the areas and emotions that are weak or blocked.

- **Tracing the Meridians**
- **Massaging the relevant neurolymphatic points for around 10 seconds (on the chest and back)**

Energy Testing Triple Warmer

You can do a very easy energy test to see if Triple Warmer is in 'overwhelm' mode. Simply cup your palm gently over the person being tested's ear, and ask them to hold their hand out in front of them, palm open and palm down.

Tell them to 'resist' the pressure you're about to apply to their arm, then using two fingers, gently press down on their wrist, as you cup their ear with your other hand. If Triple Warmer is freaking out, they won't be able to keep their arm up.

Re-test after doing some of the exercises below, to see if you managed to get Triple Warmer to calm down. What we can do to get Triple Warmer to calm down

As you learnt in the chapter on Meridians, understanding the mechanics of what's actually going on inside you energetically,

when you fly off the handle or start to feel very anxious and weak, is already a huge part of being able to resolve your emotional issues and related physical problems.

A lot of people like to go around making glib statements that you just need to ‘try’ to stop getting angry, or that you should just ‘think positive’, and that will take care of your fear, (or whatever negative emotion you’re actually having a problem with). Often times they mean well, and individual will-power is certainly a very strong force for change – but it’s not the whole story.

Anger and fear are physiological reactions that God has programmed into our physical bodies via the subconscious reactions that occur in our primitive brains. When we are missing this part of the puzzle, we can work on our anger for years, and even pray on our anger for years, and still get taken by surprised when a situation or person presses our subconscious ‘anger’ button and we react like King Kong.

As I mentioned at the start of this pocket guide, if we’re only trying to use the Energy Medicine techniques described here to deal with our emotional and physical issues,

without talking to God about them as well, either it won't work very well, or it won't carry on working, or the problem will just pop up in some other area of our lives, because we didn't uproot it spiritually, and get God involved in the process.

For things to really move, we need to combine talking to God with energy-moving techniques to take Triple Warmer off high-alert, and to start balancing-out the other Meridians. The following techniques are routinely used in energy medicine and energy psychology. If you'd like to learn more about both of these disciplines, you'll find some recommendations for further reading at the back of this guide.

The more you use these techniques the calmer you'll start to feel, even in stressful situations that would usually get you instantly scared, angry or irritable.

As we covered in more detail in the chapter describing each particular Meridian's attributes and affects, a calm Triple Warmer plays a crucial function in maintaining good mental and physical health, so there's a lot of good reasons to give the following easy exercises a go.

Technique one: tap the 'fear' points on the hand

When you tap on the outside of the hand, between the joints of your ring and pinkie finger, you are sending an energy signal to your nervous system (ie, Triple Warmer) that all is well, and that it doesn't have to be scared.

Start tapping when you are actively feeling the fear - ie, the siren is going off, they are making cuts at work, your mother-in-law is coming for two months - and keep going until you feel the fear subside.

You can still think about the 'problem' or issue afterwards - it didn't zap it out of your memory banks - but you've disabled the stress response that makes you over-react or react unhelpfully.

Technique two: the Triple Warmer 'smoothie'

This is working directly on the Triple Warmer Meridian, which goes from the temples, up behind the ears and down both

arms to the ring finger (yes, THAT's why you get so many tension headaches...)

Put your fingers on your temples, and take a deep breath in. Exhale, and take your fingers up behind your ears, using some gentle pressure. Trace down behind your ears, down your neck, to your shoulders. Hang your hands on your neck for as long as it feels good, then drop your hands away.

Mentally, it helps to imagine yourself throwing all the worries away, when your hands drop.

The more you do the Smoothie, the more you'll calm down Triple Warmer, energetically.

Technique three: sedate Triple Warmer using acupressure points

This is the 'heavy artillery' of the Energy Medicine techniques to keep Triple Warmer calm. This works a treat with kids (or adults) who are too worried, anxious, angry or panic to sleep. Simply hold the points (as described below) for five minutes,

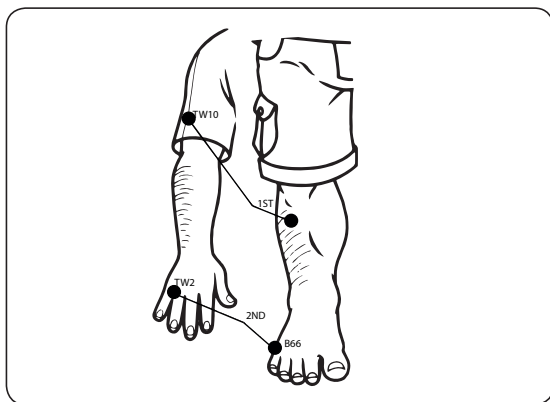
and the person should visibly relax, and feel much calmer, physically.

If you're going through a very taxing time, or you feel more angry, fearful or stressed than usual, you can hold these points three times a day (although you can hold them more without doing any damage to yourself, as one of the big benefits of acupressure is that it's completely non-invasive).

Everyone else can and probably should hold them once a day, even when they're feeling calm and happy, to try and keep it that way (remember, the effects are cumulative. The more you do these procedures, the calmer you'll feel when the next big stress or problem hits.)

One thing to note: if you're regularly sedating the Triple Warmer Meridian, make sure that you're also regularly strengthening your Spleen Meridian at the same time (home of the body's 'happy energy'), otherwise you may find yourself vulnerable to falling into sadness and depression.

THE SEDATING POINTS FOR TRIPLE WARMER



Hold the acupressure points to sedate Triple Warmer as shown in the picture, just above your elbow and to the side of your knee. You should hold these points at the same time for between 2-3 minutes, and then hold the same points on the other side of your body, again for between 2-3 minutes.

Then, hold the 'control' points for Triple Warmer, located at the knuckle joint between the ring and pinkie fingers, and the base of the small toe, for between 1 and 1 1/2 minutes. Hold the same points on the other side of your body, again for between 1 and 1 1/2 points.

NB: The first set of acupressure points move excess energy out of the Triple Warmer Meridian, calming it down. The control points tell the body to put a natural 'cap' on how much energy needs to be moved out, as per the body's needs, and should not be skipped.

Technique four: hold the Neurovasculars

A short-cut to defusing stressful emotions

Few things feel worse than the feelings you get when you've just been hit by a massive dose of fear, shame, guilt or criticism. All the blood rushes away from your brain, and you can literally feel like the floor is falling away from you.

All of us respond to these extreme stress emotions of being 'assaulted' or 'attacked' in different ways: one person will freeze in place; another will react with rage; still another will literally run away or mentally switch-off (which is essentially the same thing.)

These knee-jerk reactions are governed by our primitive brain (which in turn, is gov-

erned by the Triple Warmer Meridian), and they catch nearly all of us completely by surprise. We react emotionally before our conscious brain is even aware of what's going on.

How to 'de-charge' your negative reaction

So what can we do, to try to 'de-charge' our extreme negative reactions to stressful situations? We mentioned it briefly a little earlier on, but now I want to give you're a few more details about the simple energy medicine technique I introduced you to in the last chapter, called 'holding the neurovasculars'.

The main neurovascular points on your head are the bits of your forehead that jut out, a cm or two above both your eyebrows. (Number 1, in the diagram on page 138). To defuse any overwhelming feelings of stress, shame, guilt, anxiety or fear, simply gently hold these points for between 2 and 5 minutes, and continue to think about the 'stressful thought', person, situation or experience.

You'll see that within five minutes, the negative emotional reaction to the stressful thought will either be completely neutralized, or so far reduced that you can function again.

The biology behind the technique

How does this work?

Again, very simply, when you hold those points, you bring the blood back into your forehead (officially called the *frontal lobe*) which is the place where you can think rationally, and access your higher mental and spiritual faculties. When you get stressed, up to 80% of the blood leaves the frontal lobe, pulled away by the hypothalamus (and Triple Warmer) to fuel the 'fight or flight' syndrome.

That energy is either going to your legs, so you can run away, or it's getting you ready to punch someone's face in. When you gently hold your neurovascular points, however, you encourage the blood to flow back into your higher thinking faculties, and away from your emotional knee-jerk reactions.

Technique five: the karate chop instant calmer

This is a deceptively simple, but very effective, energy psychology technique to stop a panic, rage or anxiety attack in its tracks. Simply repeatedly tap the side of the hand

known as the 'karate chop', until you start to feel like your feelings are 'depressurising'.

In energy psychology, this is often used as part of a tapping routine, and is usually paired with a phrase, or some wording. But it works well to directly 'de-pressurise' stress emotions even when it's done 'mindlessly' - and when you're in the middle of being overwhelmed by your negative emotions, you usually can't think straight in any case.

This shouldn't come as any surprise, because we know that when we get stressed, we immediately lose more than 80% of the blood flow to our forebrains, often resulting in temporary mental paralysis and 'brain freeze'.

This technique can help to bring us through the initial period of overwhelm, and get us back into a space where we can start to think rationally again.

Quick Recap:

How Your Emotions Are Making You Sick

Even though these pocket guides are short, they pack a lot of material into a few pages, so I'd like to end by giving you a quick refresher of what you just learnt.

What are energy Meridians?

The body has 14 main energy Meridians, or energy pathways. Each Meridian is named for a specific organ or function, and is associated with its own specific emotions, physical functions in the body, and illnesses.

How do energy Meridians affect my health?

In many ways, energy Meridians are the connective material between your body and your soul, and the main way they communicate information between these two things is via your emotions.

Negative emotions and thoughts can and do block, weaken or otherwise disrupt

the body's energy Meridians. These disturbances initially show up at the mental and emotional level, but if they aren't dealt with, over time they can start to cause a number of physical issues and problems, too.

Can it work the other way, too, that physical issues can also cause negative emotions?

For sure. Although often, the underlying negative emotional state that comes to the fore during illness was there long before any physical manifestation of a problem actually showed up, albeit often unrecognised or unacknowledged.

How do I keep my Meridians healthy and strong?

The God-based holistic approach set out in this pocket guide works across the three levels of body, mind and soul. To keep your Meridians healthy, you should:

1. Keep your soul energised and strong by taking every opportunity to connect back to God.

2. Keep your mind and emotions stable and robust by working on the three foundations of emotional health, namely: healthy compassion, sensible accountability and appropriate kindness.
3. Keep your body's energy strong by checking to see what negative emotional states may be causing energy blockages and physical issues, and dealing with the problem at its emotional and spiritual root.

Additionally, the body's energy Meridians (and your related emotional state) are also affected by additional factors like proper nutrition, adequate sleep, healthy relationships and pollutants like chemicals, drugs (including medication) and electromagnetic 'smog'.

All three of these areas need attention, to keep your Meridians strong and your physical and mental health at optimal levels.

How do I know what Meridians to work with?

There are three basic approaches you can use:

1. Look at the physical issues associated with each Meridian, and then work back from there.
2. Look at the emotional issues associated with each Meridian, and then work forward from there.
3. Go to an external, God-fearing energy medicine practitioner and ask them ascertain which Meridians are weak, blocked, or 'out'.

Remember that body, mind and soul are connected, so whichever approach you use you will still need to work with your Meridians at the spiritual level (by connecting back to God); at the emotional level (by addressing the underlying negative emotion); and at the physical level (using energy medicine and energy psychology techniques to work directly with the Meridian).

To put it another way, even if you get outside help, they can't do all of the work for you. They can certainly help you with the physical part of the equation, and some of the mental part, too, but the emotional and spiritual dimension is still firmly in your court, and no-one else can do that work for you.

I've figured out what negative emotion is causing the problem.
What do I do now?

1. Talk to God about it – without God in the picture, it's very difficult to really get difficult, stubborn emotions like chronic anger or fear to permanently shift and dissolve.
2. Try to learn the lesson the negative emotion is coming to teach you. For example, we usually get angry because we're being treated in a way that we find threatening or frightening, in some way (It's beyond the scope of this pocket guide, but you'll find a lot more information on this topic in *Talk to God and Fix Your Health*, and also in the pocket guide on *How to Use Energy Psychology*

to Defuse your Emotional Buttons, both by the Matronita Press.)

3. Use one of the energy medicine techniques in Chapter 5 to start clearing the emotional ‘blocks’ out of your physical energy system.

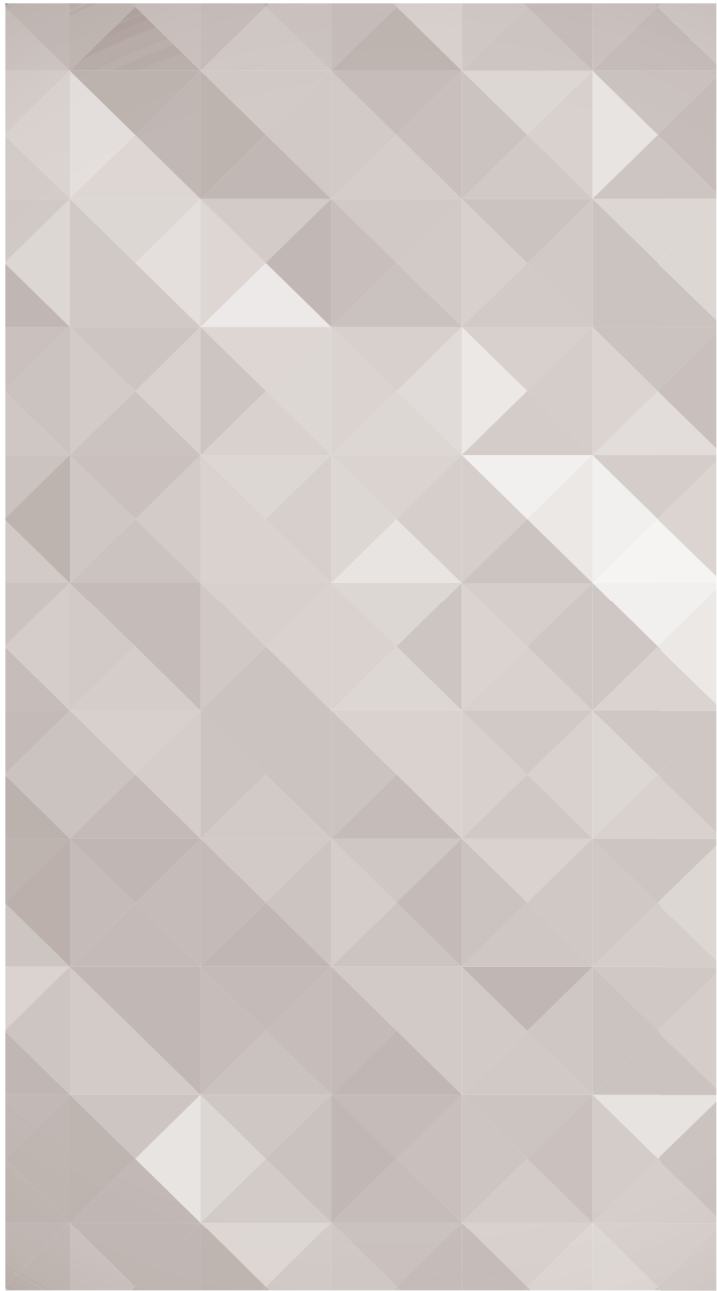
Do I need special training to do the energy medicine techniques in this pocket guide?

No. They’re generally very safe and non-invasive. There are a few minor provisos to be aware of (as covered on page 134), but otherwise, anyone can use them safely in the comfort of their own home.

Where do I go if I want to learn more?

If you want to take things further, you’ll find a bunch of relevant websites and books in the Resources section at the back of this guide.

WORKING WITH TRIPLE WARMER



Further Reading and Resources

WEBSITES:

www.talktogod.today - Tips and techniques for how you can apply talking to God to fixing all sorts of things, including your health issues, relationships and bank balance.

www.jemi.website - Website of the Jewish Emotional Health Institute (JEMI), containing a wealth of material about how to combine talking to God with Chinese Medicine and other holistic techniques to obtain optimal health.

www.innersource.net – Official website of Donna Eden, author of ‘Energy Medicine’. Contains a wealth of information on how to apply energy medicine techniques to specific health issues.

www.emofree.com – Official website of Gary Craig, founder of the popular Emotional Freedom Technique (EFT, or tapping) energy psychology method.

www.tatlife.com – Official website of Tapas Fleming, originator of the Tapas Acupressure Technique.

BOOKS:

Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy and Vitality – Donna Eden and David Feinstein

The Promise of Energy Psychology – David Feinstein, Donna Eden and Gary Craig

Touch for Health: A practical guide to natural health with acupressure touch – John Thie and Matthew Thie

OTHER BOOKS BY RIVKA LEVY

(AVAILABLE FROM THE MATRONITA PRESS):

Talk to God and Fix Your Health

A detailed, easy-to-read guide about how to combine talking to God with the latest holistic emotional health and acupressure techniques.

The How, What and Why of Talking to God

In introductory guide to why regularly talking to God can make the single biggest difference to your health, happiness and success in life. The guide explains what talking to God is all about, and gives practical, de-

tailed instructions for how to start talking to God.

A Spiritual Guide to Overcoming Personality Disorders

An holistic look at what's causing the modern epidemic of Personality Disorders, and how to tackle the problem at every level of body, mind and soul.

How to Use Energy Psychology to Defuse Your Emotional Buttons

A practical guide that tells you how you can use two popular energy psychology techniques, Emotional Freedom Technique (EFT, or tapping) and the Tapas Acupressure Technique (TAT) to dissolve your negative emotions at their root.

Causes and Cures of Depression

In this ground-breaking book, you'll learn the spiritual and physical causes of depression, as well as some simple but powerfully-effective techniques to make depression a thing of the past.

For more details of these and other books, please visit us at: www.matronitapress.com

Thanks for reading this pocket guide!

If you enjoyed it, please take a moment to give it an online review at any of the following sites:

www.amazon.com

www.goodreads.com

www.booktalk.org

www.shelfari.com

www.bookpage.com

www.librarything.com