

Questions for Meridian Class

1) Can you explain the reason for grounding?

When deeply grounded to Earth Star Chakra, balanced energies remain balanced, and healing is able to take place. This is how we evolve.

2) How does grounding help individual meridians?

Grounding seats the energy shift deeply and helps the shift remain balanced.

3) If energy is out of balance for one meridian in a Rhythm, what effect does this have on the other meridian in that rhythm?

What effect does this have on the Rhythm its self?

Likely the other meridian in a rhythm is out of balance also. Energy test it to be sure. The Rhythm will likely be out of balance as well and require balancing.

4) Do we have to work with individual meridian acupoints, or can the meridian be balanced instead?

You are able to work with the full meridian and balance it fully.

5) What if I don't recall which individual meridian acupoints are for, but remember which meridian can balance specific issues? For example- palpitations are for Heart but I don't recall which acupoint specifically. There are multiple meridians that have the ability to balance a specific issue- ie: shortness of breath.

Begin testing which meridian is out of balance to narrow down which meridian is affected. Once identified, you can then energy test individual acupoints. Then you follow up with balancing the full meridian. This saves time and client energy.

6) What type of energy tools for clients home work are recommended for maintaining balance of meridians?

Source Points or Xi Cleft Points

7) How do I balance a specific Rhythm?

Often having the meridians in balance will balance the rhythm. Energy test the Rhythm for balance. If out of balance with meridians in balance you can hold the Rhythm balancing points. These can be given for homework also as they are easy to use.

Water: K-3 & BL-60

Wood: LV-3 & GB-41

Fire: HT-7 & SI-3 and CX-6 & TW-5

Earth: SP-6 & ST-36

Metal: LU-1 & LI-4