

## Western Herbs for Eastern Meridians and Five Element Theory

*Personal Development Certificate from the IKC available*

A mini workshop designed to enthuse and motivate potential students to the full Touch for Health training.

Western Herbs for Eastern Meridians and Five Element Theory is a 3- 4 hour level entry workshop designed to introduce initiates to the basics of energy kinesiology and muscle testing using nature's herbs as a meridian and a chakra correction.

No herbs, herbal products or herbal knowledge needed to teach this workshop. Everything necessary to balance the meridians is included in the manual and workbook.

By implementing Temporal Tapping and Eye Rotations while looking at the herb photo and repeating the herbal affirmation, the unbalanced meridian/chakra gains integrity. For the suspicious, simply use a meridian indicator muscle before and after the technique to prove the validity of the technique.

Students enjoy the simplicity of the information and the benefit of balancing the meridians and chakras either for themselves, following the self responsibility model, or with a partner, partner - monitoring, following the muscle testing model.

Herbs carry a frequency imprint that your body assimilates directly by connecting with the plant's energy through the plant photo and message revealed in the manual. Indicated on every herbal page is a suggestion of the emotion blocking the meridian flow, the plant's message for promoting an attitudinal shift and the associated physical imbalances.

The herbal manual lays out the physical benefits of using the herb as well as the stuck emotion causing a meridian/chakra imbalance. The herbal manual also offers the herb user an opportunity to explore the attitude to adopt, to support the body in repair. Herbs support the body three dimensionally: physically, emotionally and spiritually.

By following the procedure and techniques outlined in the workshop booklet, the meridians are supported physically, emotionally and spiritually through nature: a true holistic approach to well-being.

### **This mini Kinesiology Workshop...**

- Fully embraces the **Wholistic** approach to wellness
- Introduces the student to **Self Monitoring** for self assessment
- Introduces the initiate to two simple indicator muscles for **Partner Monitoring**.
- If taking the herbs is an option, **Sensitivity Testing** is included in the training.
- Offers an efficient technique to **Assess Meridians Energetically** through the five elements located around the navel
- Implements the use of **Herbal Meridian/Chakra Charts** for quick discovery of the favorable herb
- Easy reference for the **physical** association, the **emotional** block and the herbal **spiritual** message and photo.
- Includes protocols for a **Herbal Meridian Balance** and a **Herbal Chakra Balance**
- Offers a unique approach to balancing; **Temporal Tapping** and **Eye Rotations**
- Easy reference to **Herbal Affirmations** to implement in balancing meridians and chakras
- Offers a broader understanding of the importance of the **Meridians**
- Lightly introduces **Chakras**
- Bridges the gap between Physical therapy and **Vibrational** therapy
- Adapting **Chinese Medicine** to suit our western gardens
- Instructions on gathering, drying, storing, and **Preparing Herbal Teas and Tinctures**
- Gets everyone connected with **Nature..** at least for a couple hours.

Western Herbs for Eastern Meridians and Five Element Theory workshop includes a manual, workbook, charts, facilitator's powerpoint and instructional DVD. The instructional DVD is mostly intended for the facilitator, offering background information on the importance of meridians and the five element theory but also step by step instruction on how to share the workshop effectively. No formal teacher training is necessary. A one on one tutorial with the author of the workshop is available to offer the facilitator guidance and confidence in any questionable techniques or workshop flow. [www.soundessence.net](http://www.soundessence.net).