

# Sound Essence



## { Meridian Questionnaire }

### Deciding which Meridian Sound Essence to use.

Score the following questions from 1-5 to determine which Sound Essence to use.  
The Meridian with the lowest value is the Meridian needing the Sound Essence.

(1) Never • (2) Occasionally • (3) Sometimes • (4) Mostly • (5) Always

#### Ying/Yang

##### Central and Governing Meridian Couple

- \_\_\_ Are you manifesting abundance?
- \_\_\_ Can you easily make decisions?
- \_\_\_ Do have the sense of knowing that you know?
- \_\_\_ Do you connected to your source?
- \_\_\_ Do you exercise your free will?
- \_\_\_ Do you have clear thinking?
- \_\_\_ Is your memory sharp?
- \_\_\_ **Total Score**(add up your score for the above questions)

#### Sovereign Fire Element

##### Heart and Small Intestine Meridian Couple

- \_\_\_ Can you prioritize effectively?
- \_\_\_ Can you adapt to new situations easily?
- \_\_\_ Are you easily inspired?
- \_\_\_ Are you following your passion?
- \_\_\_ Can you take in information or ideas and assimilate it into your life?
- \_\_\_ Do you have the energy to do what everything that you would like?
- \_\_\_ Can you sleep without disturbance?
- \_\_\_ **Total Score**(add up your score for the above questions)

#### Ministerial Fire Element

##### Circulation/Sex and Triple Warmer Meridian Couple

- \_\_\_ Do you have balance in your life?
- \_\_\_ Do fell internal encouragement for you accomplishments?
- \_\_\_ Are you generally happy and fulfilled?
- \_\_\_ Do you feel empowered to do anything you want to do?
- \_\_\_ Can you let go of a grudge?
- \_\_\_ Do you sense that your hormones are balanced?
- \_\_\_ Are you living for the now?
- \_\_\_ **Total Score**(add up your score for the above questions)

#### Earth Element

##### Spleen and Stomach Meridian Couple

- \_\_\_ Are you making choices for your highest good?
- \_\_\_ Are you enthusiastic about life?
- \_\_\_ Can you handle stress?
- \_\_\_ Are you at your optimum weight?
- \_\_\_ Are you free of worry?
- \_\_\_ Do you operate your daily life at a steady pace?
- \_\_\_ Would you consider yourself easy-going?
- \_\_\_ **Total Score**(add up your score for the above questions)

#### Metal Element

##### Lung and large Intestine Meridian Couple

- \_\_\_ Are you living in the moment?
- \_\_\_ Can you let go of the past?
- \_\_\_ Can you easily let go of loss?
- \_\_\_ Do you prefer to have things out of order?
- \_\_\_ Are you receptive to new ideas?
- \_\_\_ Is it okay not to be right?
- \_\_\_ Would you consider yourself spontaneous?
- \_\_\_ **Total Score**(add up your score for the above questions)

#### Water Element

##### Kidney and Bladder Meridian Couple

- \_\_\_ Do you have patience?
- \_\_\_ Can you trust others?
- \_\_\_ Are you uncritical?
- \_\_\_ Do you live without secrets?
- \_\_\_ Do you have stamina?
- \_\_\_ Do you have strong healthy bones?
- \_\_\_ Do you have fluidity in body movement and with your thinking?
- \_\_\_ **Total Score**(add up your score for the above questions)

#### Wood Element

##### Liver and Gall Bladder Meridian Couple

- \_\_\_ Can you manage your stress?
- \_\_\_ Would you consider yourself gracious?
- \_\_\_ Are you able to communicate effectively?
- \_\_\_ Do you feel supported?
- \_\_\_ Do you feel that you are in the rhythm of life?
- \_\_\_ Do you feel successful?
- \_\_\_ Is it okay to not always take control?
- \_\_\_ **Total Score**(add up your score for the above questions)