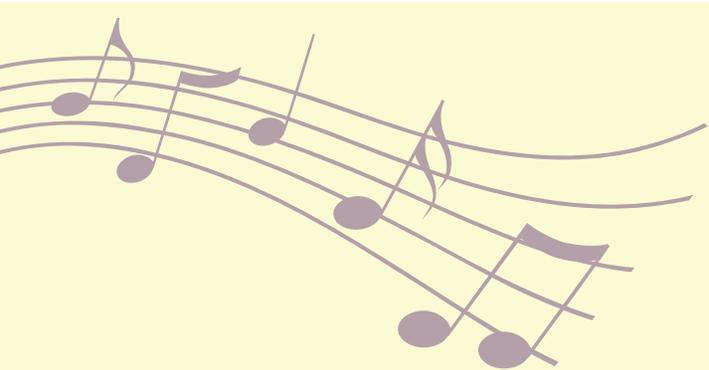


Sound Essence

{ Meridian Chart }

Element	 Yin/Yang	 Fire	 Earth	 Metal	 Water	 Wood
Meridian Yin Meridian Yang	Central Governing	Heart (Circ Sex) Sm Int. (TW)	Spleen Stomach	Lung Large Intestine	Kidney Bladder	Liver Gall Bladder
Colour	Purple	Red	Yellow	White	Blue	Green
Sense		Taste	Touch	Smell	Hearing	Sight
Emotion	Success / Trust	Love / Hate	Sympathy Empathy	Grief / Guilt	Fear / Anxiety	Anger / Rage
Sounds Yin Sounds Yang		Laughing Giggling	Singing Humming	Weeping Sniffing	Groaning Moaning	Shouting Calling
Associated Herbs	Ginko Biloba Valerian	Motherwort Slippery Elm	Dandelion Stinging Nettle	Elderberry Slippery Elm	Parsley Uva Ursi	Ginger Oregon Grape
Seasons		Summer	Harvest Summer	Autumn	Winter	Spring
Tastes		Bitter	Sweet	Spicy	Salty	Sour
Smells		Burning	Fragrant	Rotten	Putrid	Rancid
Actions	Contemplate	Sight	Thought	Speech	Listening	Countenance



{ Meridian Vitalizers }

Meridians are the energy system that interfaces the outside to the inside of the body, relaying information like a network of transformers. Meridians affect every organ and physiological system including the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular and lymphatic system. Each system is fed by at least one meridian. The flow of the meridian is as critical as the flow of blood; your life and health depend on it. Pairing the meridians into Fire Element theory takes the healing deeper into the body. Restoring balance and homeostasis is the concept supported by the Meridian Sound Essences. Meridian Vitalizer Sound Essence magical effects come from tapping into the dualistic nature of the meridians. These Sound Essences support the physical aspect of the meridian with the vibration of herbs and support the etheric aspect of the meridian with the vibration of sound.

Meridian Vitalizer Sound Essences are yin/yang meridian coupled essences relating to the Five Element Theory: Fire, Earth, Metal, Water, and Wood for making seven essences of the fourteen meridians.

The Fire Element consists of four meridians, two sub elements of Sovereign Fire relating to the Heart and Small Intestine meridians, and Ministerial Fire relating to the Circulation/Sex and Triple Warmer meridians. Earth relates to Spleen and Stomach meridians, Metal relates to Lung and Large Intestine meridians, Water relates to Kidney and Bladder meridians, and Wood relates to Liver and Gall Bladder meridians. Central and Governing meridians combined for the Yin/Yang couple complete the set of seven.

Each meridian couple essence delivers complete harmony of balanced vibration that promotes health and stability.



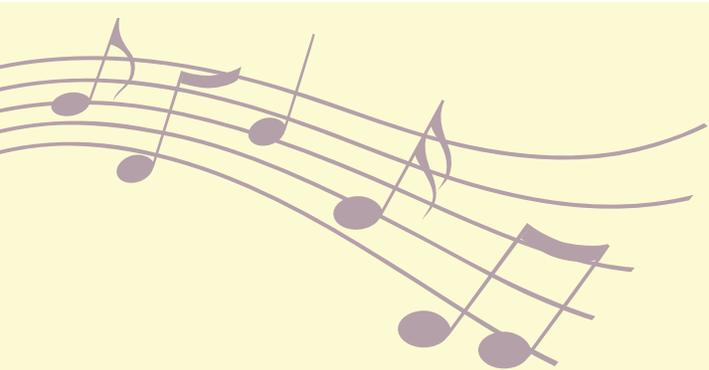
Yin / Yang Couple - Manifesting Abundance

Central – Primary Purpose - The Central Meridian represents our connection with our source and having all you need to manifest abundance.
Governing - Soothing - The Governing Meridian's key focus is choice. It supports the feeling of knowing that you know.



Sovereign Fire Element Couple – Joy/Love - Prioritizing

Heart – Transmission of Knowledge- The Heart Meridian has to do with sending and receiving honest, accurate loving messages.
Small Intestine – Adaptability - The Small Intestine Meridian assists with the assimilation of food, thought and ideas throughout every aspect of the body.



{ Meridian Vitalizers }

~ continued ~



Earth Element Couple - Sympathy/Empathy – Making Choices for the Highest Good of All

Spleen - Integrity - The Spleen Meridian regulates body chemistry and offers the capacity for discerning incoming thoughts, ideas and beliefs and then choosing what to embrace for the best possible outcome.

Stomach – Discernment - The Stomach Meridian facilitates wisdom to discern and decide how to best handle the substance or thought.



Metal Element Couple - Grief/Guilt/Release – Living in the Moment

Lung – Enthusiasm - The Lung Meridian is essential for enthusiasm, the capacity to embrace each moment.

Large Intestine – Adaptability - The Large Intestine Meridian has to do with receiving and letting go of old ideas, thoughts and beliefs to make room for new.



Water Element Couple - Fear/Anxiety – Opening Space for Enlightenment

Kidney – Patience and Trust - The Kidney Meridian is a filter and purifier for our emotions, facilitating clarification for conscious choice.

Bladder – Circumspect - The Bladder Meridian has to do with the issues of control and release, which opens space for consciousness or enlightenment.



Wood Element Couple - Anger/Rage – Managing Stress

Liver - Graciousness - The Liver Meridian manages stress of all kinds and protects the liver by acting as a cushion in defense of any internal or external changes.

Gall Bladder - Communication - The Gall Bladder Meridian has to do with support; the ability to provide what is appropriate when necessary.



Ministerial Fire Element Couple – Joy/Love - Maintaining Balance in Life

Circulation/ Sex – Trust in Own Instincts - The Circulation/Sex Meridian supports us in transformation and clears the residue through the circulation system.

Triple Warmer – Encouragement - The Triple Warmer Meridian provides a constant ray of light aligning hormonal function for perfect coordination and balance.