

Meridians & Five Elements



YIN-YANG



FIRE



EARTH



METAL



WATER



WOOD

INTRODUCTION

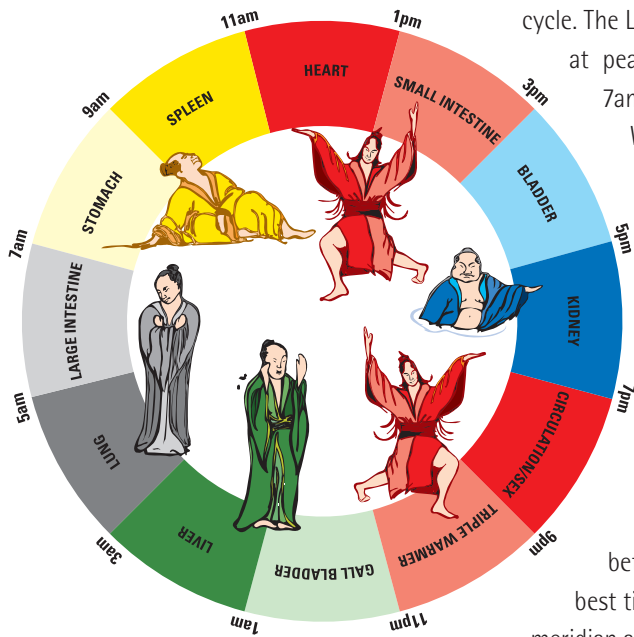
Traditional Chinese Medicine recognizes that everything influences everything else. This holistic approach to health recognizes both intrinsic and extrinsic interactions. Intrinsic interaction is how the organs and systems function inside the body. The extrinsic interaction is how the environment affects the body. Practitioners of Traditional Chinese Medicine recognize the natural forces of energy, which regulate life. They called this chi. Chi is the breath of life. It is what creates and nourishes the human spirit to give us energy. Chi is the force of nature that moves energy through all matter.

The Traditional Chinese Meridian Theory recognizes two types of chi or energy sources for the body. The first energy source comes from our food, the nourishment that we take into the body, which eventually flows through the blood stream. The second energy source is the life force that flows through the meridians.

Meridians are energy pathways that interface the outside of the body to the inside of the body. The meridians are the most physical level of the four energy system levels, which consist of meridians, chakras, auras, and figure eights. Meridians affect both the physical body and the energy body. The meridians are closely linked to the nervous system and the nerve pathways that feed every organ and part of the body, yet they also control the flow of chi in the etheric body. Balancing the meridians, balances the whole body both the physical and the etheric body. We can balance the physical part of the meridian chi with food and herbs and etheric part of the meridian chi with vibration such as sound.

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The life force that travels through the body circulates in a 24-hour cycle. There are fourteen meridians and twelve that are associated with organs and functions of the body. The life force chi affects each meridian for two hours. Each meridian has a fortification phase of two hours everyday. The meridians determine our daily cycle. The Large Intestine meridian operates at peak potential between 5am and 7am eliminating waste as we rise. We eat breakfast at peak time for the Stomach meridian between 7am-9am; this should be our largest meal of the day. 9am to 11am just around coffee time is the Spleen meridian time when the blood is being made this is often the time when our blood sugar level drops and we need sweets. The Heart meridian works the hardest between 11am and 1pm; this is the best time for a jog. The Small Intestine meridian assimilates our digestion between 1pm and 3pm, our blood moves out of our extremities and is focused on the small intestine and we feel lethargic. 3pm to 5pm is Bladder meridian time when we start to wind down our day and, voiding the collective waste of the day. 5pm to 7pm is Kidney meridian time, balancing us between our workday and homelife. The Kidney meridian is known to be the storehouse for our chi, our life energy. Circulation/Sex meridian time is between 7pm and 9pm as it supports the circulation of the blood and lymphatic. Hormones are at peak function, distributing heat throughout the body between 9pm and 11pm representing the Triple Warmer meridian. The Gall Bladder meridian operates at full potential between 11pm and 1am concentrating bile salts and metaphysically digesting the events of the day. The Liver meridian is working its hardest between 1am and 3am, it is working as we are sleeping. Finally the Lung meridian is at its full potential between 3am and 5am bringing us connection to the world as we breathe in life energy. Every meridian has a starting and finishing point. The end point of one meridian is linked to the beginning point of the next meridian creating an endless cycle of free-flowing energy.



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The meridian system is a closed system so if the energy ever gets blocked, one meridian will be under energy and another will be over energy. This energy blockage is expressed as imbalance such as pain, discomfort and disease in the body. A healthy body depends on maintaining these free-flowing energy pathways.

To further understand the Traditional Chinese Medicine Theory, we can visit the yin and yang theory, which takes us directly into the Five Element Theory.

Yin and yang are opposite forces but complementary and interdependent. They exist simultaneously and can influence each other beneficially. Yang imbalances and problems can be relieved by yin energy and yin imbalances can be overcome by yang energy. Yin force is seen as passive, cold, receptive, feminine and internal. The yang force is active, hot, productive, masculine and external.

Each yin meridian is coupled with a yang meridian constituting an element. There are five elements representing nature within the context of the Five Element Theory.

The Fire Element is divided into Sovereign Fire and Ministerial Fire. Sovereign Fire consists of the Heart Meridian and Small Intestine Meridian, and Ministerial Fire consists of the Circulation/Sex Meridian and the Triple Warmer Meridian. The Earth Element consists of the Spleen and Stomach Meridians. The Metal Element consists of the Lung and Large Intestine Meridians. The Water Element consists of the Kidney and Bladder Meridians, and the Wood Element consists of the Liver and Gall Bladder Meridians.

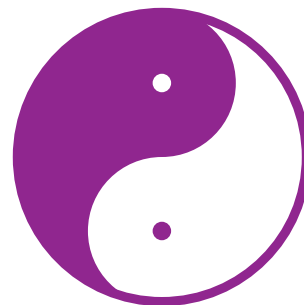
By using the five elements to organize the meridians, we are delving deeper into the holographic viewpoint of the Chinese Meridian System. The five elements have themes, which help us to better understand what in nature would support the internal organs.

These elemental themes include tastes, smells, sounds, seasons, climates, emotions, stages in life, personality traits, etc.

FIRE CREATES EARTH

The red **Fire element** contains Heart, Small Intestine, Triple Warmer, and Circulation/Sex meridians. The Fire element radiates light and warmth. The fire energy supports communication and relationships and allows one the freedom to seek happiness and love. The emotion of the Fire element is joy and its sound is laughter, without the Fire element the other elements would not exist.

The Heart meridian is like a king that rules the whole domain of body and mind and spirit. The Heart meridian unites all the meridians so that there is co-ordination of energy throughout all of the meridian system. If the Heart meridian is healthy, the spirit of the person is also liberated and healthy.



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The Small Intestine meridian helps us to assimilate thoughts and feelings.

The Circulation/Sex meridian protects the heart against injury and emotionally, physically and spiritually insult.

The Triple Warmer meridian represents three energy centers on the body, which seem to correspond with the second, third and fourth chakras. It serves the endocrine system to regulate heat and energy.

EARTH CREATES METAL

The yellow **Earth element** contains the yin Spleen meridian and the yang Stomach meridian. The feeling of earth relates to sympathy and empathy and its sound is singing. The quest is for nourishment, support and understanding.

The Spleen meridian is the body's transport manager, distributing the blood and life force energy throughout the body.

The Stomach meridian is in charge of food digestion and also the digestion of thoughts and feelings.

METAL CREATES WATER

The white **Metal element** contains the yin Lung meridian and the yang Large Intestine meridian. The Metal element is all about letting go of the past and being able to take in and assimilate new life supporting experiences. Its sound is weeping and its emotion is grief.

The Lung meridian governs the respiration and controls the body rhythms. The Lung meridian also controls the absorption of life energy through the breath.

The Large Intestine meridian is responsible for elimination as it carries out the impurities of the body, mind and spirit.

WATER CREATES WOOD

The blue **Water element** contains the yin Kidney meridian and the yang Bladder meridian. There is no force greater in nature than water. The Water element governs our will and our chi, along with our willingness to sustain life. Its sound is groaning and its emotion is fear.

The Kidney meridian is the storehouse for our vital being; our chi. This meridian controls the water and the fluid balance of the body.

The Bladder meridian is responsible for the storage of water. It stores fluids and regulates the reservoirs of water and fluids in the body.

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WOOD CREATES FIRE

The green **Wood element** contains the yin Liver meridian and the yang Gall Bladder meridian. The Wood element is said to connect heaven and earth, like a tree rooted in the ground with its branches rising toward heaven; trees are strong and enduring while at the same time flexible and bending. The Wood element is a source of creativity and its sound is shouting and the emotion is anger.

The Liver meridian is a detoxifier for the mind and the body and provides clarity and order to the other meridians.

The Gall Bladder meridian is in charge of choice making.

This is the manner in which the Meridian Sound Essences are coupled. The Central Meridian and Governing Meridian Sound Essences are coupled to generate the Yin/Yang Meridian Sound Essence.

The human essence is a holistic energy system consisting of both intrinsic and extrinsic interactions. Food and herbs support the integrity of the meridian system as does sound and colour. There are also many body touching techniques that fully embrace the concepts of meridian therapy, which include Acupuncture, Shiatsu, Jin Shin Do and Kinesiology. By restoring balance in the meridians, the body creates homeostasis and self-corrects many of its problems.

Restoring balance and homeostasis is the concept supported by the Meridian Sound Essences. The Meridian Sound Essences support the physical aspect of the meridian with the vibration of herbs and supports the etheric aspect of the meridian with the vibration of sound. The magical effects of the Meridian Sound Essences come from tapping into the dualistic nature of the meridians. The formulas for these essences balance the meridians with the homeopathic signature of the herb that resonates with the intrinsic component of the chi and blend it with the sound vibration related to the specific meridian that resonates with the extrinsic component of chi. The meridian is getting a complete harmony of balanced vibration that promotes it in health and stability.

The next few pages in this manual are designed to help the user of the Meridian Sound Essences to understand how these essences affect the body; physically, emotionally or spiritually.

Each element is explained with an overview of the elemental theme and then divided into the related meridians. The meridian pages are designed to offer the reader insight into the cause of meridian blockage creating imbalance or sickness in the body. Blockage of meridian flow can come from simple physical complications with the body or emotional stagnation or lack of spiritual connection. Physical complications can come from accidents or stress. Emotions are supposed to move through our body allowing us experiences in this world. If an emotion gets stuck because we hang on to it for too long, it can cause imbalance in the body. Likewise, if we

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are not true to our life purpose we cause disharmony in our vibratory field, which also causes imbalance in the body.

The meridian pages offer the reader the key components of each meridian and also the information from the plant energies used in the vibrational remedies to gather insight on the cause of imbalance. Using the Meridian Sound Essences will support the body in raising the vibration for consistent harmony, thus allowing the body to adjust into alignment. When the body aligns itself it can also heal itself, we just need to support it with healthy vibrations and thoughts.