



Sound Essence

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 you 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 you feel internal encouragement for your 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)

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