

Love Natural by Ashton

Scalp Meridians 101

What are Meridians?

-The Body is an energetic system made of electromagnetic frequencies. Think of it like electricity running through the body.

-In Chinese Medicine, this frequency is called Chi or Qi. Chi Translates to “Life Energy” or “Vital Energy”.

-This energy moves through a network of energy pathways that interconnect and encapsulate all tissues and cells.

-These pathways or channels are called Meridians. Think of them like Rivers of energy that flow through the body.

-Each Meridian is associated with certain types of organs, emotions, and elements.

-There are 12 Major Meridians of the body:

*Heart, Spleen, Lungs, Kidney, Liver, Small Intestine, Stomach, Large Intestine, Bladder, Gallbladder, Pericardium, and the Triple Warmer.

-These 12 Meridians are named after the organs they relate to, with the exception of the Triple Warmer/Burner which primarily regulates body temperature and our fight/flight/freeze response.

-They are classified as either Yin or Yang.

*Yin-Energy of Being. The organs of these meridians are solid and their main function are to store your energy and fluids. Heart, Spleen, Lungs, Kidneys, Liver, and Pericardium

*Yang- Energy of doing. The organs of these meridians are hollow and their main function is to transform and transmit energy and fluids. Small intestines, Stomach, Large Intestine, Bladder, Gallbladder, and Triple Warmer

-In addition, there are 2 other important Meridians. They belong to a category called Extraordinary Vessels. These are they Conception Vessel and Governing Vessel.

-These main Meridians are also interwoven by a network of minor meridians. Think of it like a Energy “Superhighway” that Interconnects with smaller side-roads and pathways.

-The Meridian lines run on both sides of our body, mirroring each other. The exceptions to this are the Governing and Conception Vessels. They run down the center of your body linearly.

Scalp Meridians 101

Why are they Important to Scalp Health?

01

When the Energy of the Meridians are blocked, vital energy can get blocked from reaching certain parts of our body, like our scalp, and also our glands and organs that support our scalp and hair growth. (Remember, the skin is the largest organ of the body, and our scalp is just an extension of our face and skin.)

02

“Stress” is one of the main causes of hairloss and other scalp issues like overly sebaceous glands or dry scalp. Because our Meridians are tied to our emotions as well as our organs, understanding the energetic/emotional aspect of the meridians can help us understand the “root cause” of many of our stressors and, therefore, scalp issues.

03

Because we have Meridian lines that run directly through our scalp, when you can recognize certain areas of discomfort or breakage, you can recognize what area of the body might need attention. I.e. when you have a spot on you scalp that is itching constantly, this can tell you what meridian or organ system needs support.

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Scalp Meridians 101

5 Meridian Lines for the Scalp

01
Governing Meridian

02
Bladder Meridian

03
Gallbladder Meridian

04
Triple Warmer Meridian

05
Kidney Meridian

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Scalp Meridians 101

2 Pressure Points on the Scalp

01

Stomach Points

02

Small Intestine Points

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Governing Meridian

Sea of Yang Meridians

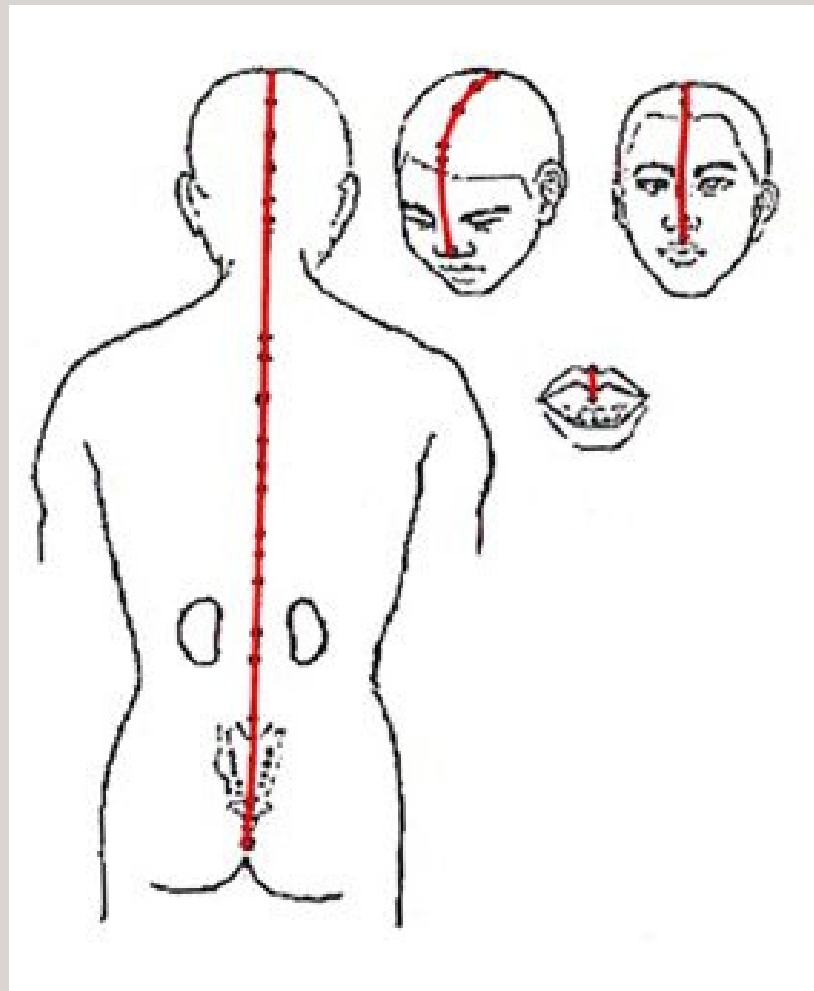
Location- Starts at the base of your pelvis and runs up your spine, over the center of your scalp, down to the top of your lip.

-There is a Pressure point right at the top of your scalp known as the Baihui acupuncture point. It is where all the energy channels in our body meet. It is also known as the Crown Chakra.

Known as the "Lifeline within your body".

It supports the functions of strengthening the body, nourishing the spine and brain, clearing the mind, and stabilizing the Spirit.

It is one of the best channels to release emotions as it is central to healing.



When it is out of balance, you might feel overly burdened, overly controlled, self-destructive, and unable to stand straight. It is where we carry our burdens, distrust, and embarrassment.

Tension, anxiety, lethargy, brain fog are all signs of blockages at the Baihui point or Crown Chakra.

When there is a blockage in the Governing Meridian, there can be a slow down of bloodflow. When this happens you might see signs of dry scalp, buildup, tenderness, and sometimes hairloss along the top of the crown.

When it is in balance, you can stand strong, have a sense of enrichment and structure in life. You will have a sense of responsibility and integrity.

Scalp Meridians 101

Bladder Meridian

-Yang Organ

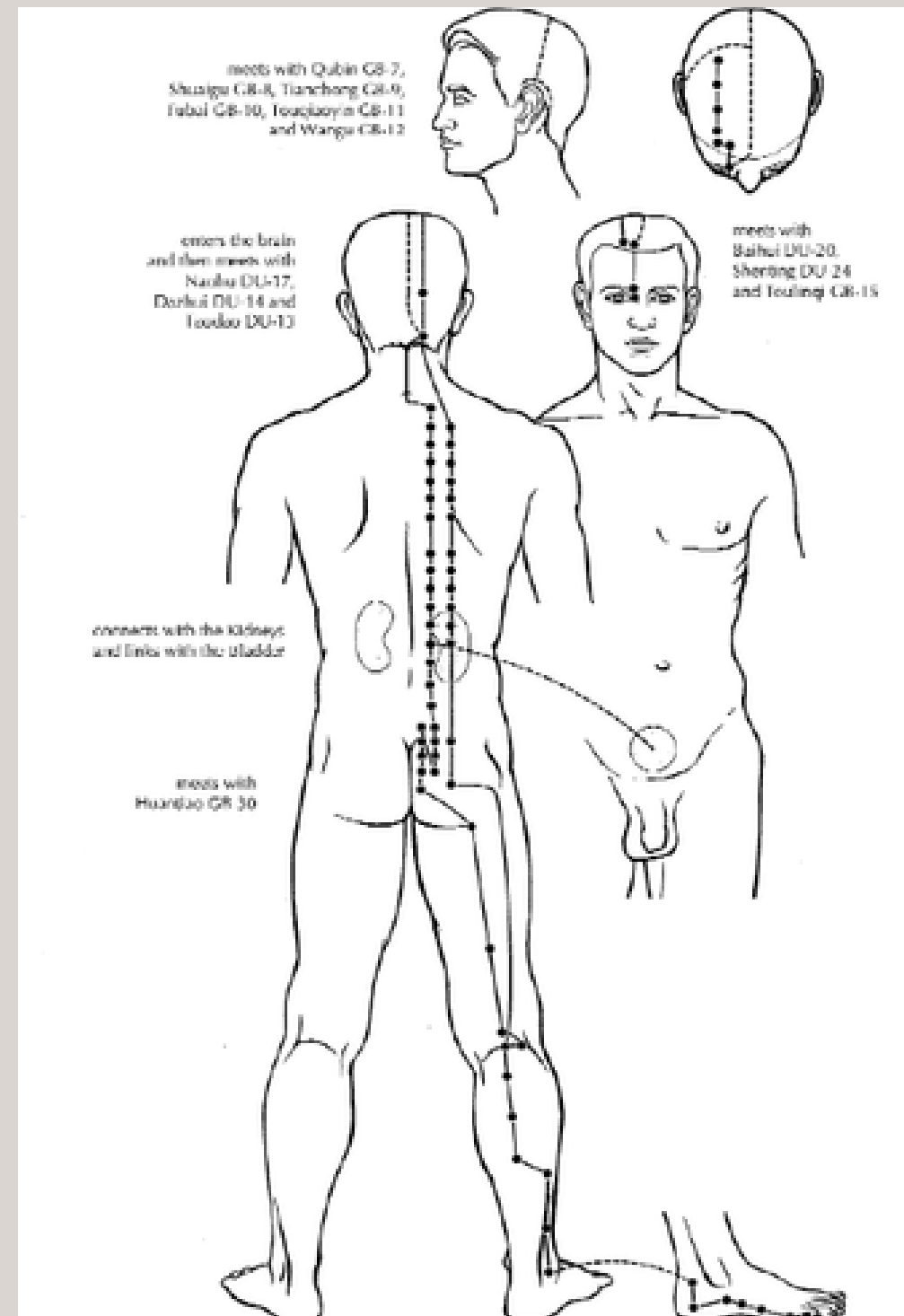
-Season: Winter

-Element: Water

-Location- On the scalp, it's about 3 fingers away from the Governing Meridian. It starts on the inside of the eye and runs up to the hairline, parallel to the governing meridian. It then goes down both sides the spine where it splits in two and runs 2 pathways down each side of the spine. (The inner pathway has more to do with your spiritual well-being and the outer pathway, your physical.) it then meets back up at base of your back and runs down the back of your leg, and ends at the pinky toe.

-It is one of the longest meridians and detoxification channels.

-Influences both the sympathetic and parasympathetic nervous system. When the Bladder has stillness and quiet, it can awaken the energy around the spine and bring about clear ideas and enlightenment.



-Because it is a water element and winter is a water season, you may notice extra dryness or itchiness during this season. If you notice imbalances/ irritation in your scalp during this time, using hydrating scalp sprays, drinking plenty of mineral water, and warm baths can help balance out your bladder meridian.

-The Bladder Meridian embodies the energy of setting clear boundaries and feeling like you have a choice in the matter. It desires to raise the bio-frequency along the spine to feed the process of mental clarity and enlightenment.

-Its blockage will prevent moisture and toxins from being excreted from the body. (Think inflamed, dry scalp, or extra toxins within the scalp). Also leading to stagnation of blood and pain or tenderness. You might see this show up along the Bladder Meridian line on the scalp.

-When out of balance, emotions may be heightened. Emotions associated with the Bladder Meridian are feeling unsupported, creative insecurity, fear, not feeling like you have a say in things.

-When in balanced and flowing freely, even the situations you might not like can become pleasurable.

Scalp Meridians 101

Gallbladder Meridian

Yang Organ

Season- Spring

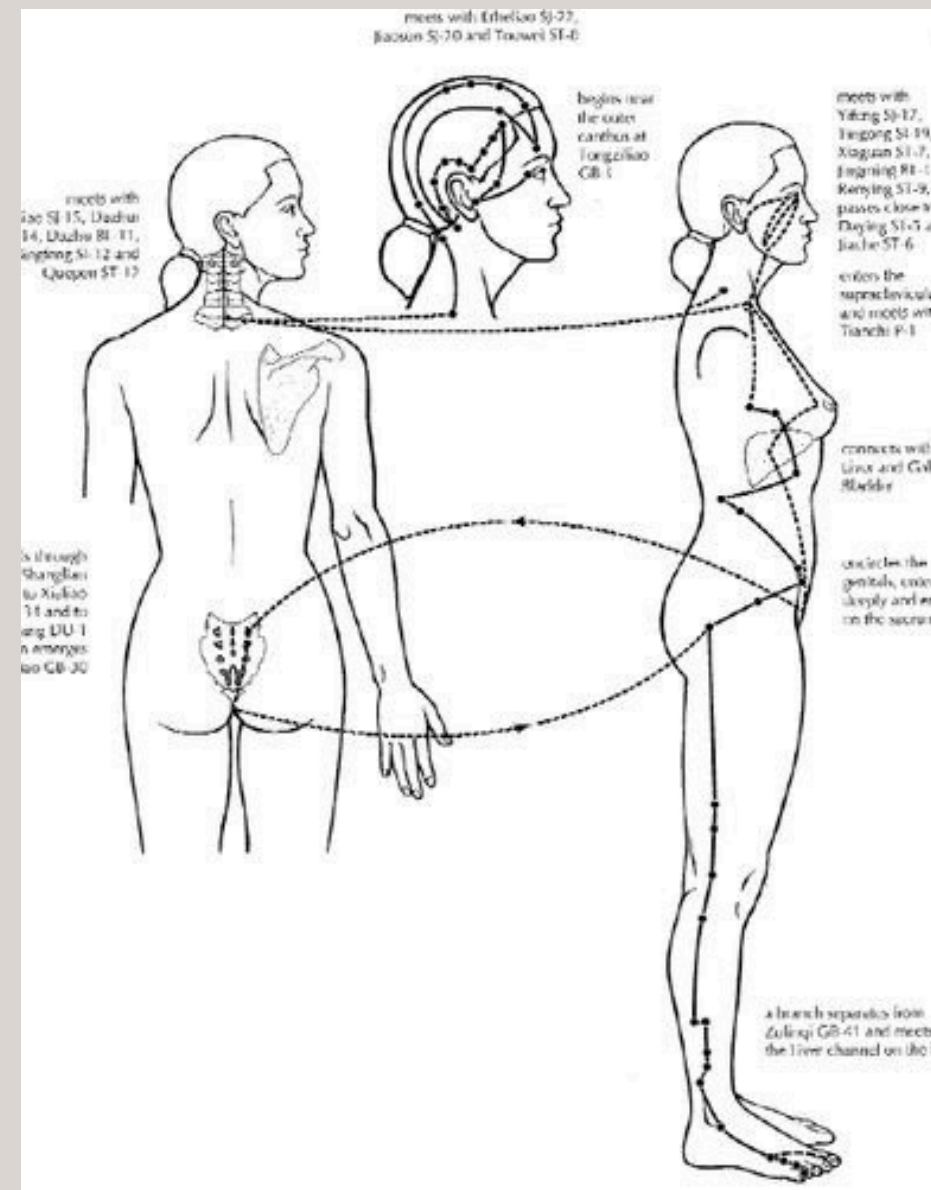
Element- Wood

Location- Starts on the outside of the eye, goes to the front of the ear, then up to the front hairline-3 fingers away from the bladder meridian. It then zigzags down the side of the scalp and then runs down the side of the neck and body, ending at the 4th toe.

20 of the 44 pressure points are located on the scalp.

Because it sits on the side of the body, energetically it connects the past to the future. Working with the Gallbladder Meridian helps you stay present.

Because it is a wood element, and Spring is wood energy season, the body naturally enhances its detoxification system due to the surge of gallbladder energy during this time. You might notice this change with scalp. The hair and scalp could start looking dull or irritation on the side of your scalp can occur. Combing your hair with a wooden comb can help balance out your gallbladder meridian.



This Meridian plays a crucial role in digestion, particularly the breakdown and absorption of fats, so imbalances can lead to skin and scalp that has lost its natural complexion, and even white hairs.

Blockages in the Gallbladder Meridian can also play a role in the energetic causes of headaches, jaw tension, and pain or tension in the side body. An overly heated body is also a sign of a blocked Gallbladder Meridian.

Anger and frustration are the emotions associated with the Gallbladder Meridian. When this Meridian is not flowing smoothly or blocked, you might lack boldness or braveness to move in the desired direction. You could also be indecisive and have a hard time stepping into leadership roles when the Gallbladder is not flowing smoothly.

When in balance, you will have increased mental clarity, and decisiveness. You can make decisions based on sound judgments, and also summon the courage to execute them. This leads to better decision making and the ability to face challenges. You are able to make decisions based out of love and not fear/anger/frustration.

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Triple Warmer Meridian

Yang Organ

Season- Summer

Element- Fire

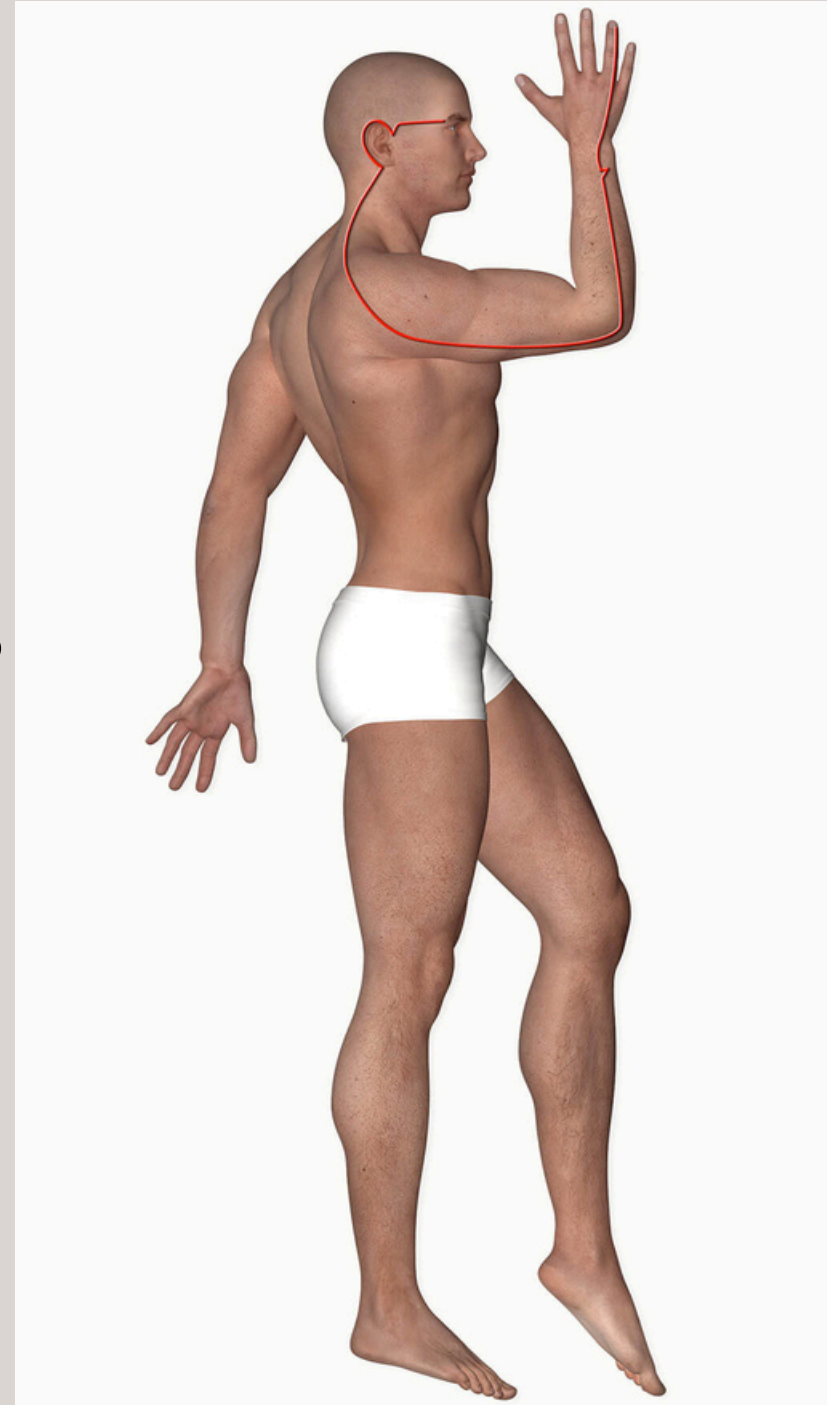
Location- It starts at the outer edge of the ring finger, travels through the middle of the wrist, down the outer forearm to the elbow. It then travels up the outer edge of the tricep, along the back of the the shoulder, up the neck to the bottom of the ear where the jaw meets. It then wraps around along the perimeter of the ear, to the temple, and ends at the edge of the eyebrow.

The Triple Warmer teaches us the healing powers of communication, working together, and being our authentic self out in the world.

It has this real father energy- acting like a dad who holds you up and shows you how to interact with those around you.

It controls our fight, flight, or freeze response and our ability to manage stress.

The triple Warmer (or Triple Burner) Meridian connects to our lymph and hormone regulation.



Some signs of a blocked Triple Warmer are sluggish lymph, swelling in the face and scalp, not sleeping well, and hormone imbalances. This also translates to a tight scalp or tight/swollen follicles.

Because our Triple Burner controls our hormone regulation, when our body is in fight/flight/freeze, you can experience a spike in hair loss or shedding. This happens because our body is prioritizing sending energy to other areas of our body instead of our hair.

Because the Triple Burner Meridian is a fire element and summer is fire, excessive shedding or tightness of your scalp might pop up during this time. Lymphatic massage, sunlight, slowing down, and styling hydrated with mineral water all help support our Triple Burner Meridian.

When out of balance, we can feel anxious, reclusive, and have a hard time connecting with others. We may not trust those around us or those you are in a relationship with. You might find yourself trying to dim the brightness of other people's light.

When in balance, we can move freely out in the world and easily move through life. You are able to communicate freely and connect more deeply with ourselves and others. You trust those around you and trust your relationships.

Scalp Meridians 101

Kidney Meridian

Yin Organ

Season- Winter

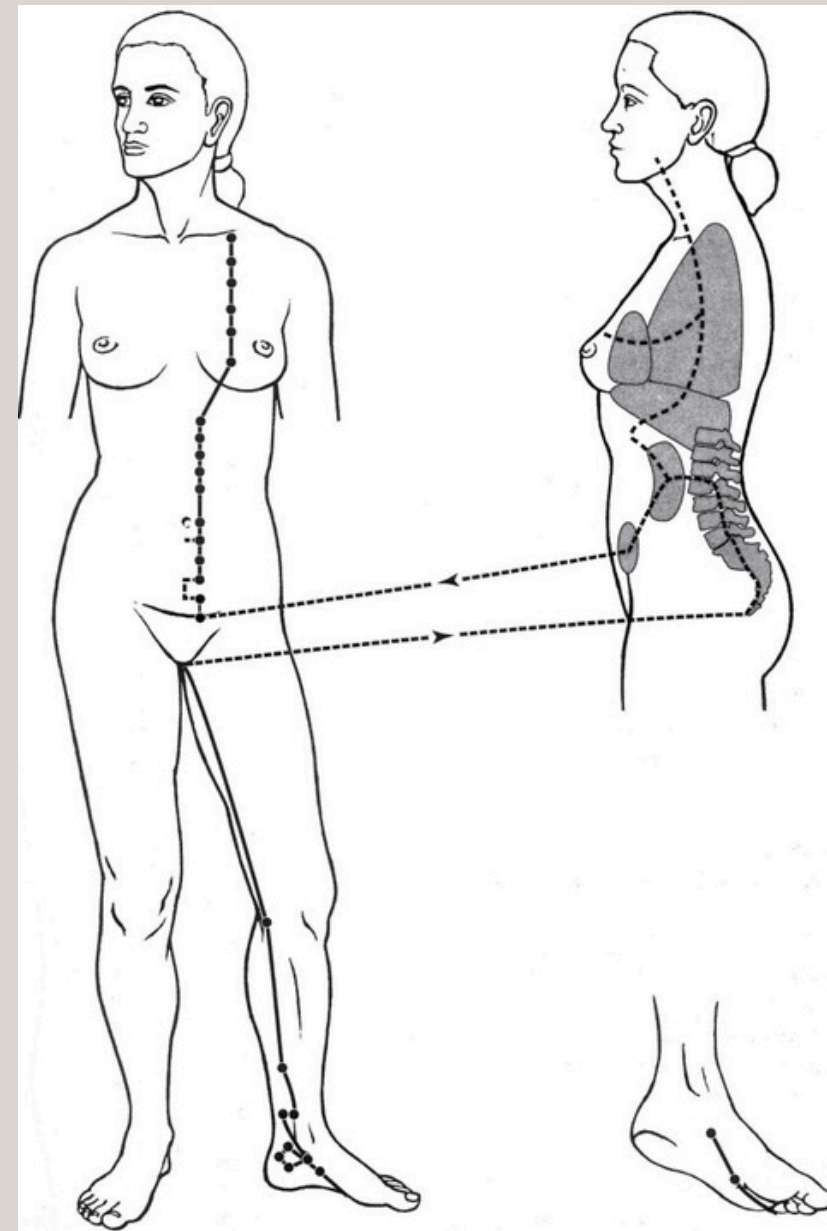
Element- Water

Location- This Meridian starts under the collar bone and runs down the front of the torso and abdomen, down the groin and inside of leg, along the bottom of the foot and ending under the little toe.

Known as the batteries of the body. It holds our willpower, purpose, and destiny. It holds what we inherit from our biological and soul lineages. It deals with the emotion, "why am I here?"

If you are working through a big life change or perception change, working with the Kidney Meridian can be beneficial.

Although there are no acupressure points on the scalp, this Meridian controls the luster, strength, and elasticity of the hair.



When there are blockages in the Kidney Meridian, you could see hair issues like thinness, brittleness, lack of luster in the hair and it feeling like straw.

It is also a water element, and winter is of water. So, we may find our hair feeling dull during this time as the energy of that season spikes. Incorporating movement that give you energy, staying hydrated, and using hydrating scalp sprays can support you Kidney meridian.

Emotionally, a blocked Kidney Meridian can show up as depression, being easily discouraged, insecure, lack a sense of purpose. You might find yourself taking actions based on fear.

When the Kidney is balanced, you are vital and strong, willfull and determined, have beautiful hair, age well, and retain your youth.

A balanced Kidney Meridian embodies taking risks in life and moving through fear rather than being ruled by it. You have a zest for life. "Water never hesitates to jump off the edge of the waterfall."

Scalp Meridians 101

Stomach Point 8

Yang Organ

Element-Earth

Season- Late Summer

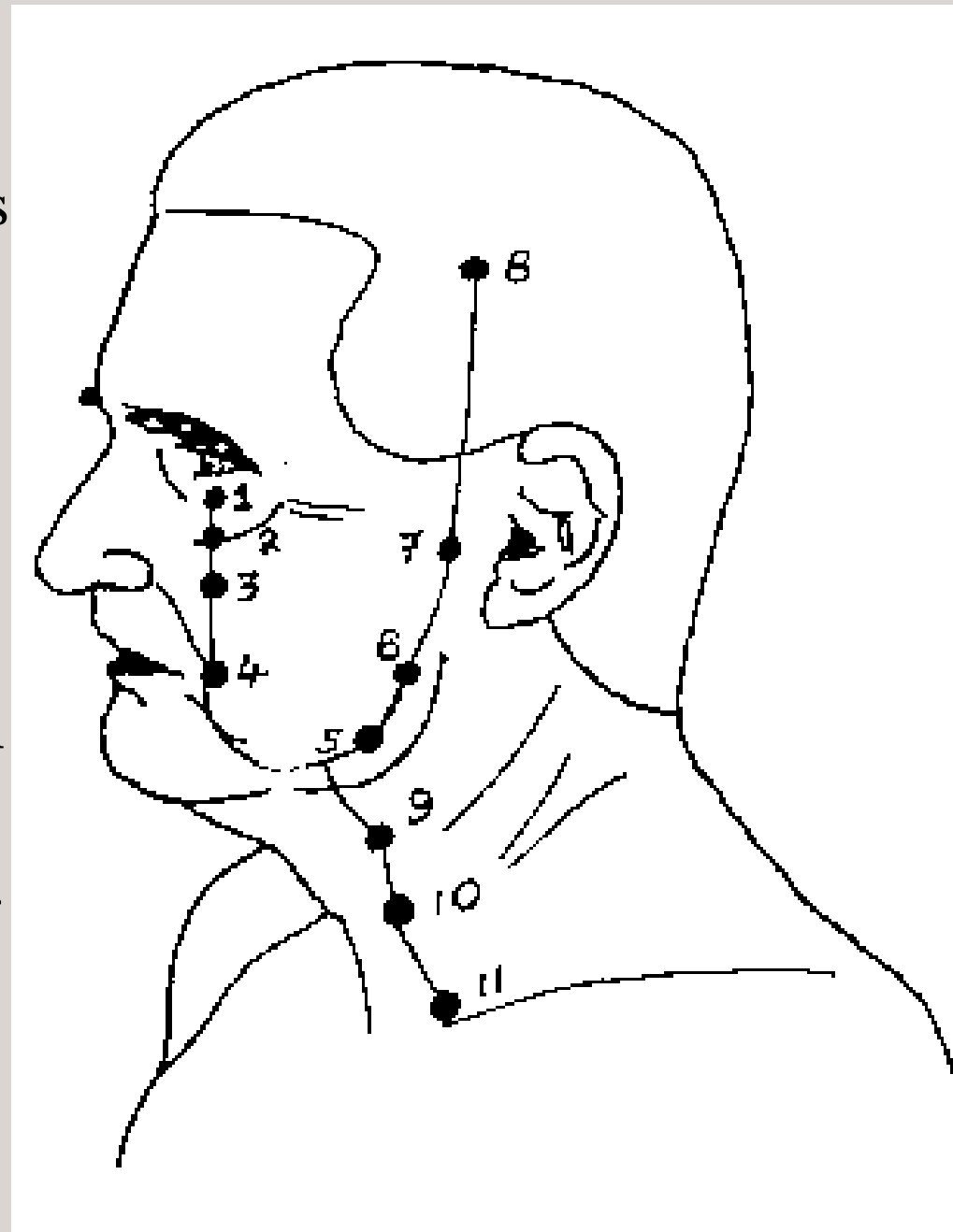
Location- Stomach Point 8 sits about 3 fingers into the hairline and about 3 fingers past the bladder meridian.

It acts as the Inventor, embodying the energy of curiosity, chasing what's new and exciting, creating, building, assimilating, and processing. It is the epitome of abundance.

The stomach energy embodies the sense of fullness and contentment in life. The stomach is a hard worker and constantly processing and digesting life with curiosity. It has the wisdom in knowing more is not always better.

The stomach is what separates the pure from the impure, sending the impure down to the Small Intestines and the pure up to the Spleen.

The Stomach is all about receiving, both literally and energetically. Receiving help, receiving love, receiving what is right in front of you.



A blocked Stomach Meridian can also mean a block in receiving nutrients. When our body can not receive nutrients, we lack the vital nutrients in our blood. Thus, our body does not have the ingredients to produce strong, healthy hair, resulting in slow hair growth.

Other physical signs of imbalances are belly aches, weak limbs, no appetite, excessive appetite, bloating, and slow digestion.

As we transition into Late Summer, you might notice excess shedding during this time. As the Stomach season heightens, our body begin to release the old to make way for the new.

Emotions tied to the Stomach Meridian are erratic behavior, worry, overthinking, critical judgment, not feeling grounded or stable, constantly longing for what you don't have, never satisfied (this leads to addictive behavior), feeling like nothing in life is ever enough. Scarcity mindset.

When in balance, You have a warm bright energy and are always seeking new adventure. You will also have easy digestion and strong muscles. You are able to receive deeply and well. You have a sense of contentment and fullness of life. You carry the energy of Prosperity.

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Small Intestine Point 19

Yang Organ

Season- Summer

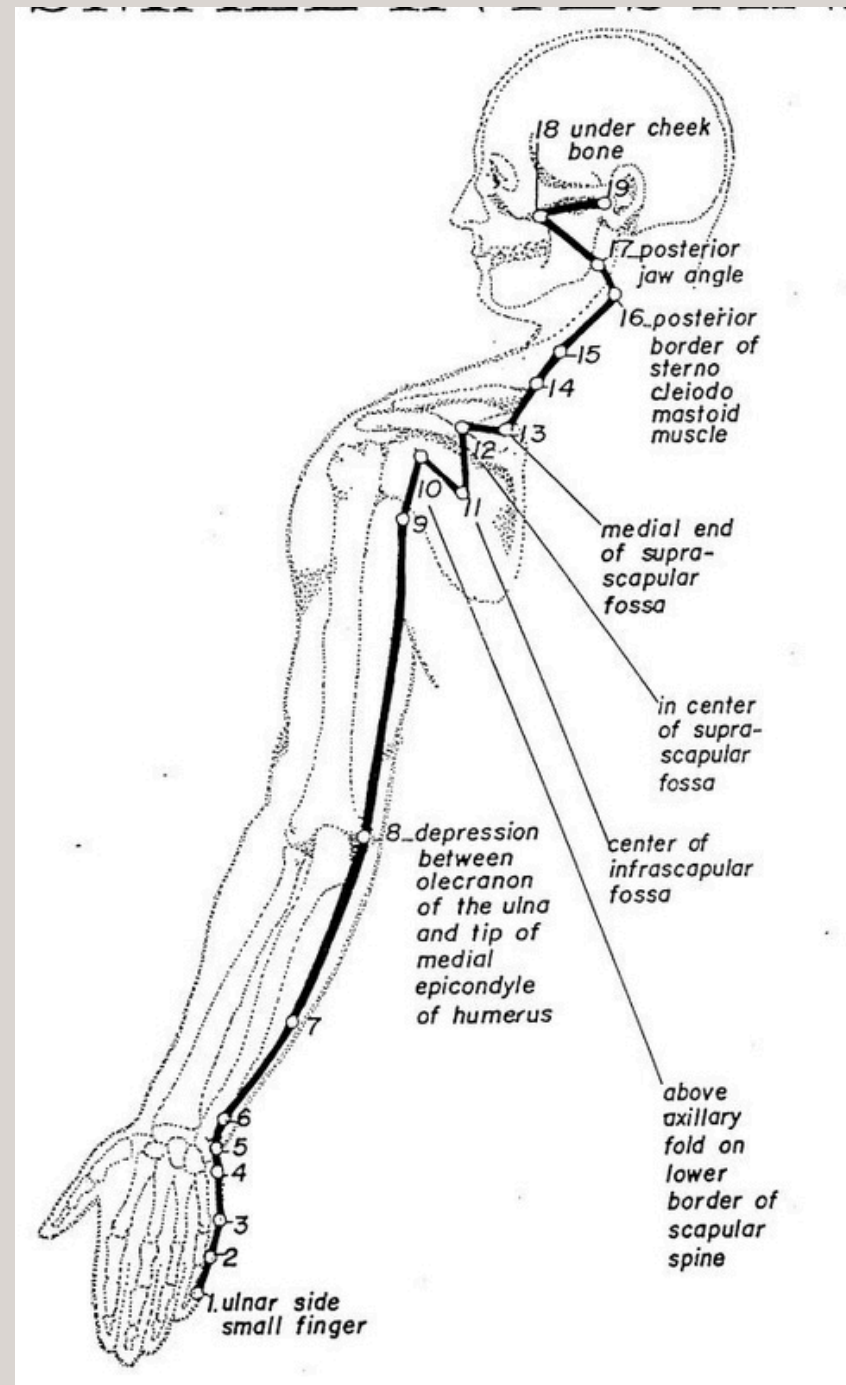
Element- fire

Location-The small intestine meridian originates at the outer tip of the little finger, runs along the side of the hand, through the wrist, and up the outer forearm and upper arm to the shoulder. It then zig-zags at the back of the shoulder, ascends up the side of the neck, moves outward at the cheek, and ends at the front of the ear.

The Small Intestine is all bout knowing when to soften your seriousness.

It separates the clear from the turbid and discerns between the useful and useless. It shows us what is really important. It enables us to let go of the dark.

The Small Intestines are deeply rooted in ancestral lineage healing. If we are experiencing shame or guilt around our family, working with the Small Intestines can be impactful.



The Small Intestine and Spleen help the body break down food and emotions and turn that energy into light and nutrients. (Think of it like composting for a garden).

Guilt, shame, and self-deprecation are emotions tied to an imbalanced Small Intestine Meridian. you might also feel like everything seems super heavy and serious, nothing is light or fun.

Physically, blockages or imbalances in the small intestines can show up as shoulder pain (the energy of carrying the burden on our shoulders), abdomen pain, and bloating.

If the Small Intestine meridian is not flowing smoothly, You may not be keeping what is important in your body, or the opposite, keeping but not breaking down the compost. You may not be keeping the nutrients you need. Brittle hair, hair that is not full or hair that does not grow the average length per month can be signs of an imbalanced Small Intestine Meridian.

When in balance you can easily find the joy in life and you are full of laughter and playfulness. Digestion will be easy.

Joy destroys shame or guilt.

Scalp Meridians 101

Working with the Meridians

1. Incorporating daily/weekly scalp rituals.

- Taking time to do Scalp Massages with your Scalp Oiling. This looks like taking a dropper of your favorite scalp oil and slowly dispersing down each of the meridian lines on the scalp. Take your hands or a gua sha stone and massage in circular motions down the scalp. You can also hold at the pressure points on your scalp for 10- 20 seconds ,or 3 deep breathes, to support releasing blocked meridians. Another Ritual you can include are seasonal Holistic Scalp Treatments.

2. Eating and Moving with each season.

- Because our Meridians are tied to different seasons of life. We can easily and efficiently support our Meridians and our body by working with the seasons and not against them. For example, winter is the season of rest and reset. Take that time to fill up your cup, don't rush into the next project. Spring represents planning, planting, and rebirth.
- Our body's nutritional needs will change through out the year. Eating foods that are in season within your region will give your body the exact nutrients its lacking. Summer will be more fruits, okra, summer squash. While winter you would want to eat more citrus, winter squash, warm foods.



3. Affirmations

- Supporting your Meridians can be as easy as balancing It out with affirmations that “cancel out” the lower emotions associated with each meridian.
 - Governing- “I am Worthy.”
 - Bladder-”I have boundaries” “I can say, No”
 - Gallbladder- “I decide Clearly and I move forward with Clarity.”
 - Triple Warmer- “I can easily connect and share with the world.”
 - Kidney- “I exist.” “I surrender”
 - Stomach- “I am satisfied”. “I am nourished”
 - Small Intestine- “I know I can soften my seriousness.” “I am playful and full of joy.”
- ### 4. Intentional movement and Neurovascular holds.
- Blocked energy can be moved out or through your body through intentional movement practices.
 - Neurovascular holds act as a reflex point between your nervous system and meridian lines. These holds along with the intentional movement are my favorite and most powerful way to reset my meridans at home.