

# HOLISTIC SELF-CARE MANUAL

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## **INTRODUCTION**

**This manual can be used as a quick reference guide for practitioners. It can also serve as a study guide and can be an important part of a home self-care program.**

**Each section of the manual will show the locations of the meridians and organs plus movements to open the flow of energy through the meridian. The affirmations will help to set an intention to come into harmony with all of the various emotions.**

### **MERIDIAN LOCATION**

**In each section there is a page with images showing the locations of the meridians. One is a close up showing the meridian either in the upper extremity or the lower extremity. Palpation of the meridian in either extremity will give an indication of the degree to which the meridian is being influenced by the subtle energies. “Jump away” pain will be the most useful as it indicates how the subtle energies are influencing the flow of energy.**

**Another image shows the meridian as it flows throughout the whole body.**

**While learning the individual points along the meridian could be helpful, learning the general location of the meridians enables one to use the meridians in a very functional way. If there is an imbalance in the subtle energies, it will show up structurally and functionally in the body.**

### **ORGAN IMAGES**

**Each section will also show an image of the specific organ. The close up view gives us a picture of the actual organ and is useful when visualizing the organs during the affirmations. The other image reflects the organ in relationship to the adjacent organs and the rest of the body. By learning the locations of the organs and meridians we can form a more intimate relationship with our body. The function of each organ is also listed.**

## **EMOTIONS**

**According to Traditional Chinese Medicine, each organ is associated with an emotion. An emotion, like all energy, is information in motion. And since the physical energy and the emotional energy are closely tied together, the current state of the emotion will influence the body. We cannot experience an emotion without some kind of response from the body. And if we are trying to deny the emotion or express it in inappropriate ways, it affects the inner working of the organs even more.**

**We have all been conditioned to believe that certain emotions are bad, while others are to be sought after and valued. When these emotions are judged bad, we actually lower the vibration of the energy. When the vibration of the emotion is lowered it now resonates more closely with the physical energy and influences the flow of energy in the body by affecting the meridians. In this situation, the physical and emotional energies have been affected by thoughts coming from the belief system of the mental body. When these aspects are not in harmony, it greatly affects the spiritual energies.**

**So now we have physical energy and emotional energy being affected from the judgment of the mental body, which has been influenced by the belief system. And even with a strong spiritual will, if the rest of the vibrations are in discord, the being will not be able to function optimally.**

**With awareness, the body can guide us to the area of disturbance in the rest of the biofield. Areas of pain and dysfunction in the body can give us clues as to what is happening in the subtle realms. By seeing which emotions are in the body, we can become more aware of the thoughts and beliefs that are causing the disturbance in the field. These disturbances are energies that are not in alignment with reality. Reality is what is actually happening right now. When we judge what happened in the moment as good or bad or argue that it shouldn't have happened, we are giving energy to the emotion, which in turn influences the body. By altering our beliefs to be more in alignment, it affects the subtle energies, which in turn assists the body in functioning more optimally.**

**For example:**

**The inner part of the upper thigh is tender to palpation. Palpation is feeling the tissues with the intent to assess. This alerts us to some kind of influence from the liver and the emotion of anger. Tenderness with “jump away” pain indicates the energy of anger is not in complete harmony with the rest of the field and is affecting the physical structure of the lower body. If left**

**unattended, the physical body will continue to dysfunction with resultant pain. The pain is the messenger to alert us to the situation of a disturbance in the field associated with anger. So instead of “shooting the messenger” as most body therapies do, trying to get rid of the pain, we can direct the treatment focus to the intent of bringing the energies into harmony. Sometimes these therapies are effective at modulating the pain but usually it is only temporary. In order to make permanent changes in the physical body, which is the densest part of the field, disturbances in the field, as a whole, need to be addressed.**

**And since the meridian system is a complete system, a holistic self-care plan that includes all the meridians is beneficial. With intentional movement to harmonize the flow of energy within the body, and affirmations to bathe the organs in love and appreciation, one has the opportunity to come into a more intimate relationship with one’s being**

## **MERIDIAN OPENING MOVEMENTS**

**These movements are designed to assist in influencing the flow of energy in the meridian system. The movements consist of a co-contraction of the agonist and antagonist muscle groups in a synergistic movement along the path of the meridian. This co-contraction is known as an isometric contraction. The spiral rotation nature of the movements is a very functional and natural form of movement. The movements are designed to be performed while sitting on the floor, but can easily be adapted to a chair or standing position.**

**To begin, locate the meridian on the chart and the diagram. From the starting position, imagine the line of the meridian as a string, and move the extremity to take up the slack. The movement part is similar to how you “yawn” in the morning. The yawn is the co-contraction with movement. The movement is similar to what cats and dogs do, when they awake from sleeping. This should be a very natural movement.**

**With the trunk and extremity muscles in co-contraction, move the body along the path of the meridian according to the image. Begin on the Right side and move until you have taken up the tension. Now holding that position on the Right, move the body back in the opposite direction. Repeat, looking to the Right, taking up tension and then move back to the Left side again. Repeat the entire procedure on the Left side.**

## **THE STRETCH REFLEX**

**When the doctor taps your knee with a reflex hammer, it quickly extends the patellar tendon with a resultant knee jerk reaction. The reflex is a neurological phenomenon serving as a protective mechanism to prevent injury. The muscles feel safe while in co-contraction and the stretch reflex is overridden. This enables the muscle and joints to extend further without concern of injury.**

**With regular use, these meridian opening movements can assist in improving strength and flexibility of the body. Balance will also improve as the core muscles are being utilized in each movement. The twisting and lifting activities of the torso also allow a movement and massaging of the organs.**

## **AFFIRMATIONS**

**The purpose of the affirmations is to verbalize an intention. It can be used alone or as recommended in conjunction with the meridian opening movements. As the movements open the flow of energy through the meridians, the affirmations surround the organ with love and appreciation. As new organ cells are generated, they come into a loving environment.**

### **I LOVE YOU [name of organ]**

**By verbally declaring our Love for the various organs, we surround them energetically with the highest vibration. As in any relationship, if we regularly state our Love for another, the interactions of the two will be in a higher vibration. If we give the appropriate Love and attention to our children, it will have a positive effect more so than if we don't. The children won't have to act out to get attention. It is the same with our body. If we give our body Love and attention, then it won't have to act out and get our attention through pain and dysfunction.**

### **I APPRECIATE EVERYTHING YOU DO**

**As we verbally state our appreciation for the organs, it gives us an opportunity to think about the important function of that particular organ. Are we not amazed when we think about the important function of the lungs? Is it not a miracle that we can take oxygen from the air, mix it with our blood, send it throughout the body and then exhale carbon dioxide that is vital to**

**the plants? To have a more intimate relationship with our organs, it is important to know the location and function of each.**

**With appreciation, we can improve the function of the organ. Employees' performance usually improves when they are sincerely appreciated by their employers. Here is a group of very specialized cells that function for us 24/7 for many decades and rarely does it receive any appreciation unless something goes wrong. In the current medical model, if the organ is not functioning properly, we give it a chemical with side effects instead of listening to it to see what is wrong. It would be like giving a pill to a child to calm them down instead of taking the time to find out why they are upset.**

### **I SEE YOU SHINE WITH BRIGHT GOLDEN LIGHT**

**By visualizing the organ in its naturally vibrant state, we can see the organ shining with the healing golden light. This also assists in raising the frequency of the cells of the organs.**

### **I SEND THE LOVE AND THE LIGHT OUT TO EVERYONES' [name of organ]**

**Since we are all various aspects of the same thing, if we share the Love and light that surrounds our organs with others, they too will receive the benefit.**

### **HONORING AND RESPECTING THE EMOTIONS**

**Usually our mind has been conditioned to label certain emotions as "bad". From early childhood, we are told not to cry, not to be angry and usually many other "don'ts". When we put the emotion in the bad category, it actually lowers its frequency. And since the emotional body and the physical body are closely related, we can't have an emotion without some kind of physical response. Lowering of the vibration greatly affects the flow of energy in the body. So as we honor and respect the energy of the emotion, just like we should honor and respect all energies, we raise the frequency and it no longer has so much effect on the body. The emotional energy is still in our field where we can use it when necessary, but it is not affecting the meridian system.**

## **I HOLD YOU IN THE HIGHEST ESSENCE**

**When we value something, we usually hold it in high esteem. Since our emotions are a major component of our survival mechanism, we can hold them in their highest essence. Our emotions allow us to respond to a situation without having to think about it. Holding the emotion in its highest essence elevates its frequency so that it is not affecting the body but is still in our field to use when needed.**

## **COMING INTO HARMONY**

**We are in harmony when all of the energies of the field are resonating. When our emotions are being held in their highest essence for our survival and our thoughts are less judgmental our physical body will respond in structure and function. Setting an intention to come into harmony and then paying close attention to the intention, we enable us to develop a closer relationship with all of our energies.**

## **SINCERITY AND DEVOTION**

**The most important part of the affirmation is sincerity. The intelligence of our body knows when we are sincere. Just as we would tell someone we love them with great sincerity, our If we are telling someone that we love them but are not sincere, they will know that. Another important aspect is the devotion to perform the affirmations. In order to have a great affect, we must devote time and effort to what we value.**



# Physical Exam Form

DATE: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

NAME: \_\_\_\_\_



| STRUCTURAL         | RIGHT | LEFT |
|--------------------|-------|------|
| Head               |       |      |
| Shoulder           |       |      |
| Scapula            |       |      |
| Iliac Crest        |       |      |
| Sacral Iliac Joint |       |      |
| Gluteal Fold       |       |      |
| Popliteal Fossa    |       |      |
| Feet               |       |      |

| RESISTANCE                 | RIGHT | LEFT |
|----------------------------|-------|------|
| Passive Straight Leg Raise |       |      |

| MERIDIANS       | RIGHT | LEFT |
|-----------------|-------|------|
| Gallbladder     |       |      |
| Liver           |       |      |
| Stomach         |       |      |
| Spleen          |       |      |
| Kidney          |       |      |
| Bladder         |       |      |
| Lung            |       |      |
| Large Intestine |       |      |
| Heart           |       |      |
| Small Intestine |       |      |
| Pericardium     |       |      |
| Triple Heater   |       |      |

| ROM      | 25% | 50% | 75% | FULL |
|----------|-----|-----|-----|------|
| Cervical |     |     |     |      |
| Shoulder |     |     |     |      |
| Lumbar   |     |     |     |      |

| MMT                        | RIGHT | LEFT |
|----------------------------|-------|------|
| Extensor Hallucis Longus   |       |      |
| Hip Flexion                |       |      |
| Hip External Rotation      |       |      |
| Shoulder External Rotation |       |      |
| Pinch                      |       |      |

### MMT Scale

5/5 = full strength

5-/5 = slight give

4+/5 = unable to maintain contraction

4/5 = can hold against gravity

4-/5 = can not hold against gravity with resistance

3/5 = Unable to move through full ROM

### Palpation Scale

3 = jump away pain

2 = painful

1 = ticklish, slight pain

0 = no pain

### Resistance Scale

++ = very heavy compared to opposite side

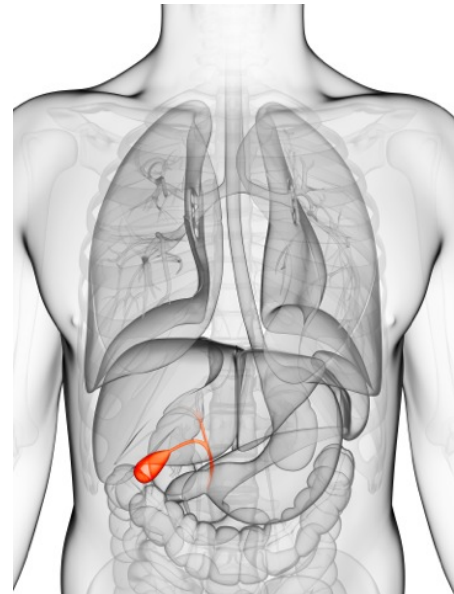
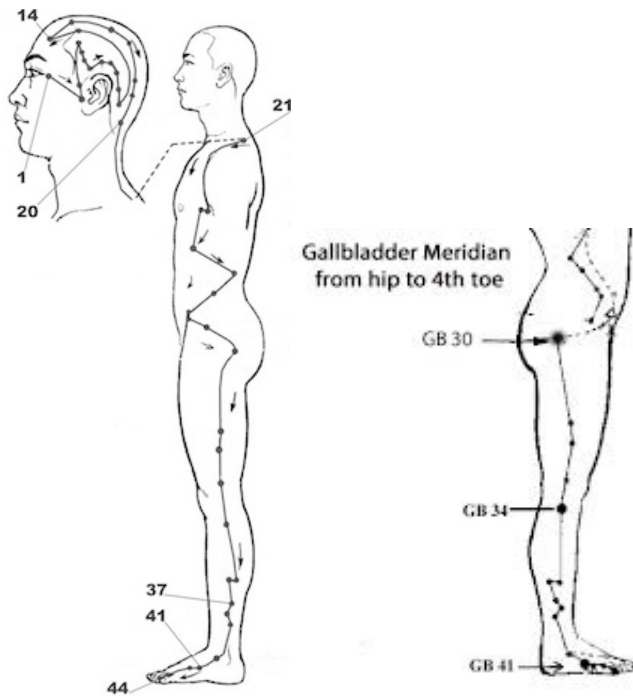
+ = heavier than other side

0 = no resistance

## NOTES

tested by: \_\_\_\_\_

# GALLBLADDER MERIDIAN



## **PALPATION**

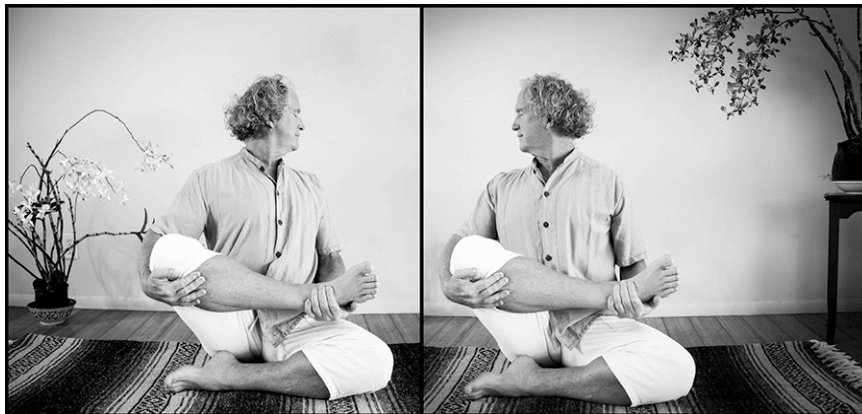
**To palpate the gallbladder meridian move from the prominence of the trochanter, down the IT band and lateral knee to the head of the fibula and down between the peroneus and soleus muscles of the leg.**

## **FUNCTION**

**The main function of the gallbladder is the storage of bile salts that the liver produces. Bile salts are crucial for the breaking down of fats into their basic components. These components include cholesterol and fatty acids.**

**EMOTION      Frustration**

## **MERIDIAN OPENING MOVEMENT FOR GALLBLADDER**



## **AFFIRMATION**

I LOVE YOU GALLBLADDER

I APPRECIATE EVERYTHING YOU DO

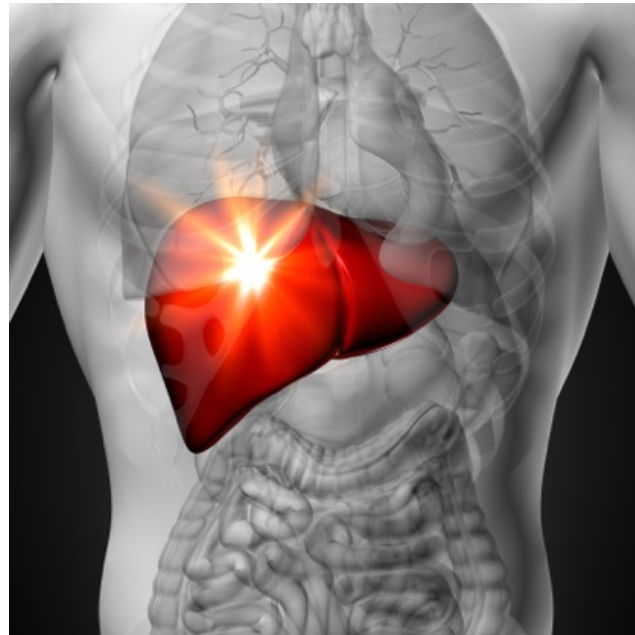
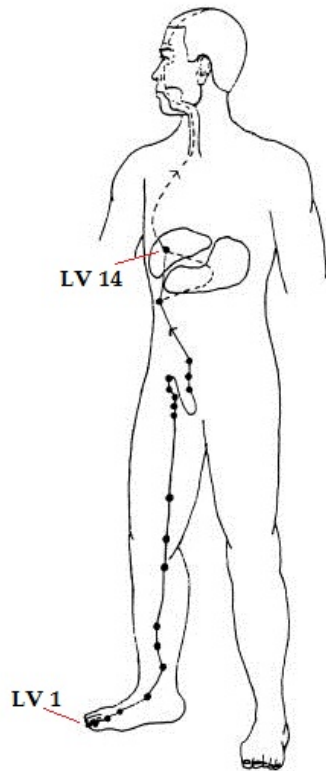
I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S GALLBALDDER

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED **FRUSTRATION**, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

# LIVER MERIDIAN

Liver (Foot Jueyin)



## PALPATION

**To palpate the liver meridian find the medial end of the popliteal crease and from a point between the tendons of semimembranosus and semitendinosus follow the channel on the medial aspect of the Sartorius muscle.**

## **FUNCTION**

**The liver is a vital organ of the digestive system. It has a wide range of functions, including detoxification, protein synthesis, and production of biochemicals necessary for digestion.**

**EMOTION          Anger**

## **MERIDIAN OPENING MOVEMENT FOR LIVER**



## **AFFIRMATION**

I LOVE YOU LIVER

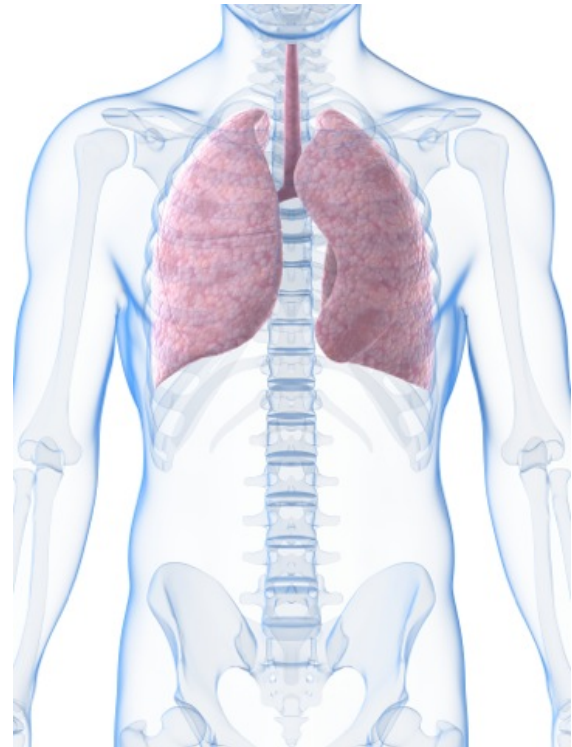
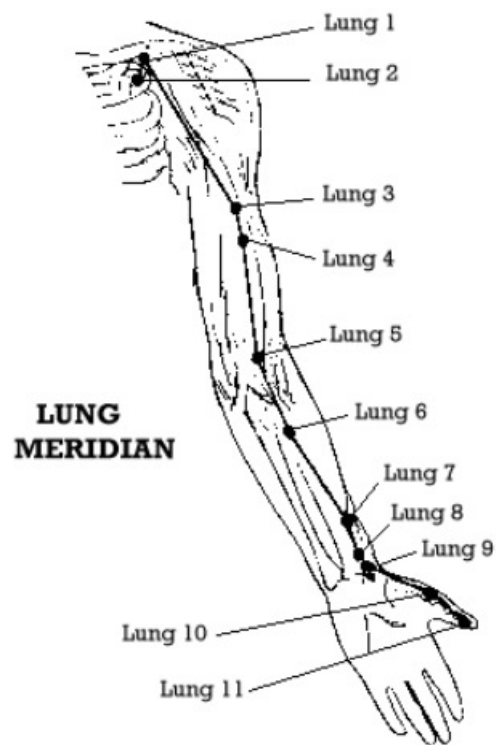
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S LIVER

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED **ANGER**, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## LUNG MERIDIAN



## PALPATION

**To palpate, from the delto-pectoral triangle feel along the anterior triceps and down the lateral border of biceps brachii muscle. Between the center of the cubital crease and the anterior radial crease palpate along the anterior belly of brachioradialis.**

## **FUNCTION**

**The purpose of the lung is for oxygen to enter the body, while removing carbon dioxide. Oxygen provides the body with energy, while carbon dioxide is a bodily waste produced by cellular metabolism that collects in the tissues of the body.**

**EMOTION            Sadness, grief, sorrow**

## **MERIDIAN OPENING MOVEMENT FOR LUNG**



## **AFFIRMATION**

I LOVE YOU LUNGS

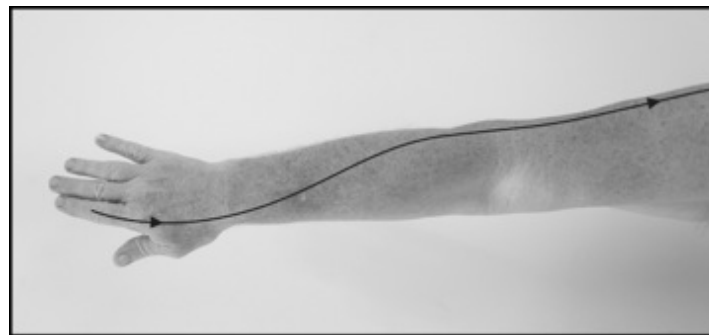
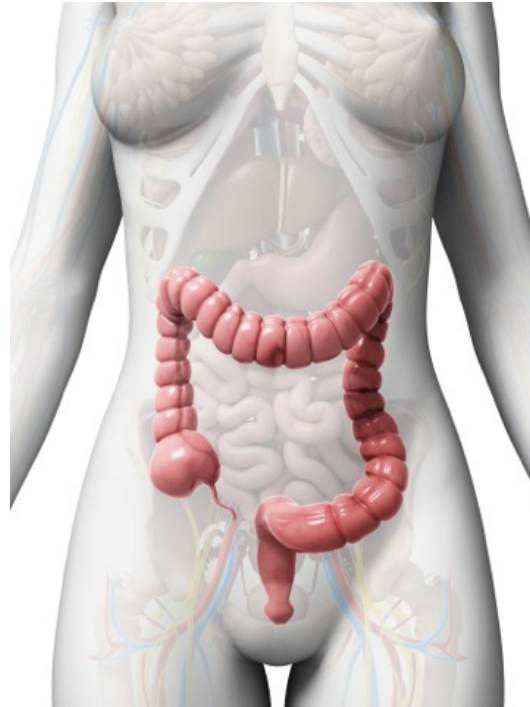
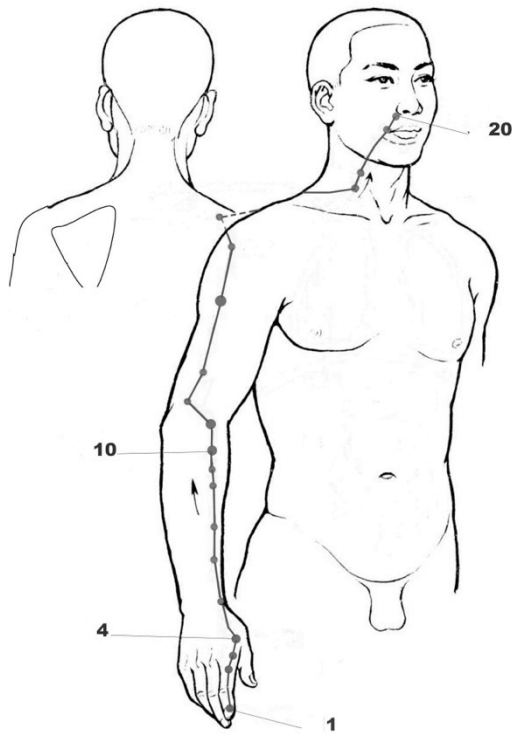
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S LUNGS

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED SADNESS, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## LARGE INTESTINE



### PALPATION

**The Large Intestine meridian can be felt just anterior and inferior to the acromion process and along the line between that point and the lateral end of the elbow crease.**

### FUNCTION

**The large intestine comprises of the second part of the alimentary canal. The large intestine consists of the cecum and colon. It begins at the right iliac region of the pelvis (the region just at or below the right waist) where it**

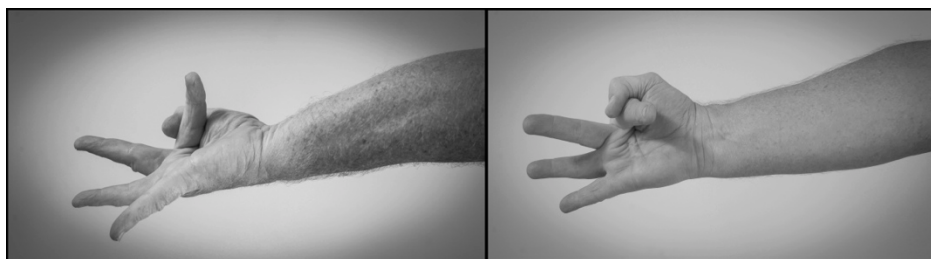


continues up the abdomen. Thereafter it traverses across the width of the abdominal cavity, and then it turns down, continuing to its endpoint at the anus.

The major function of the large intestine is to absorb water from the remaining indigestible food matter and transmit the useless waste material from the body.

**EMOTION**                      **Trust**

**MERIDIAN OPENING MOVEMENT FOR LARGE INTESTINE**



**AFFIRMATION**

I LOVE YOU LARGE INTESTINE

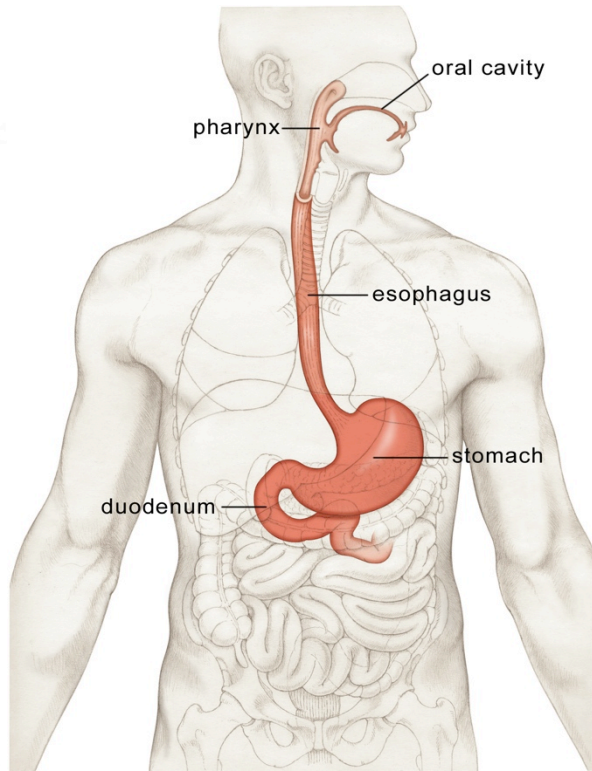
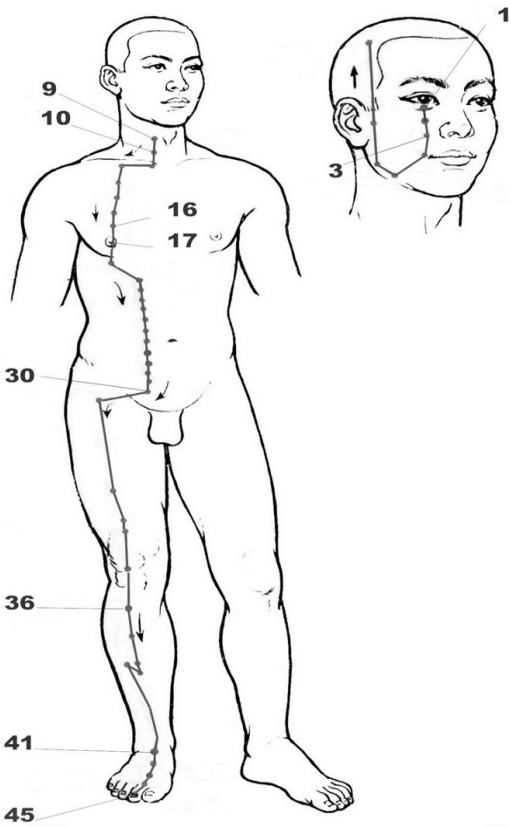
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S LARGE INTESTINE

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED **TRUST**, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

# STOMACH MERIDIAN



## PALPATION

**To palpate the stomach meridian feel along the belly of the tibialis anterior muscle just lateral to the tibia up to the lateral patella. Above the knee, place your palm on the same side leg of the patient, allow your fingers to spread superior. the thumb will land**

## FUNCTION

**After food is chewed and moistened in the mouth, it passes through the esophagus into the stomach. This is the second step in the digestion of everything you consume.**

**Food is mixed with stomach acid and enzymes to break the food down into smaller pieces. This combination of food and stomach "juices" is called chyme. The stomach also stores food temporarily, releasing chyme in small amounts into the small intestine, where it is further broken down into nutrients to be absorbed into the body.**

**EMOTION**

**Anxiety**

**MERIDIAN OPENING MOVEMENT FOR STOMACH**



**AFFIRMATION**

I LOVE YOU STOMACH

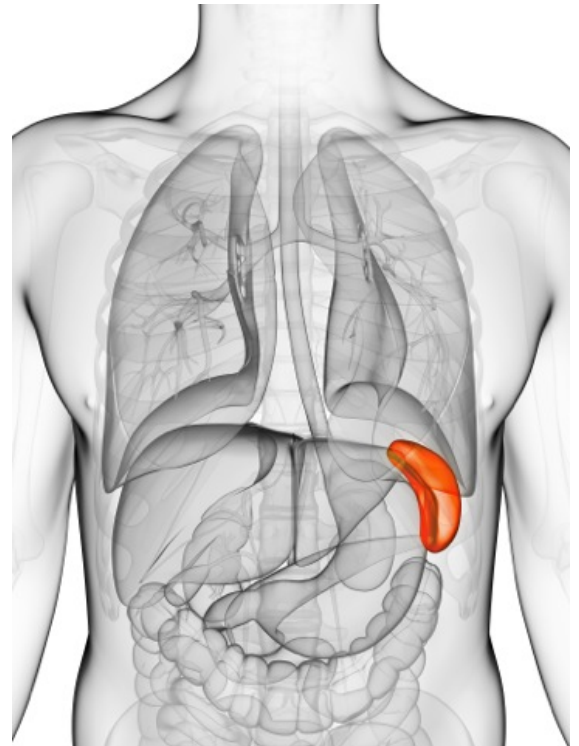
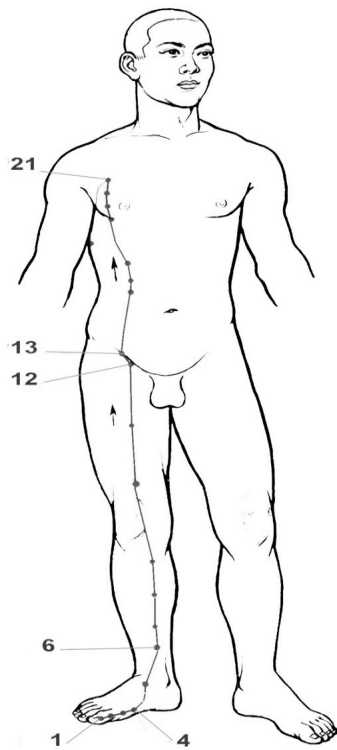
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S STOMACH

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED ANXIETY, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## SPLEEN MERIDIAN



### PALPATION

**The Spleen Meridian is palpated on the lower leg at the medial edge of the tibia, it then passes through the inner knee and to the inner thigh. Above the knee the Spleen meridian can be found by placing practitioner's right palm over the patients left patella and allowing the fingers to grasp anteriorly, the thumb will fall into the Spleen meridian here.**

## **FUNCTION**

**The majority of the spleen's functions are related to the immune system or the blood supply. The spleen removes old red blood cells, called erythrocytes, from the blood supply and removes, stores and produces white blood cell lymphocytes. These stored lymphocytes produce antibodies and assist in removing microbes and other debris from the blood supply.**

## **EMOTION**

**Envy**

## **MERIDIAN OPENING MOVEMENT FOR SPLEEN**



## **AFFIRMATION**

I LOVE YOU SPLEEN

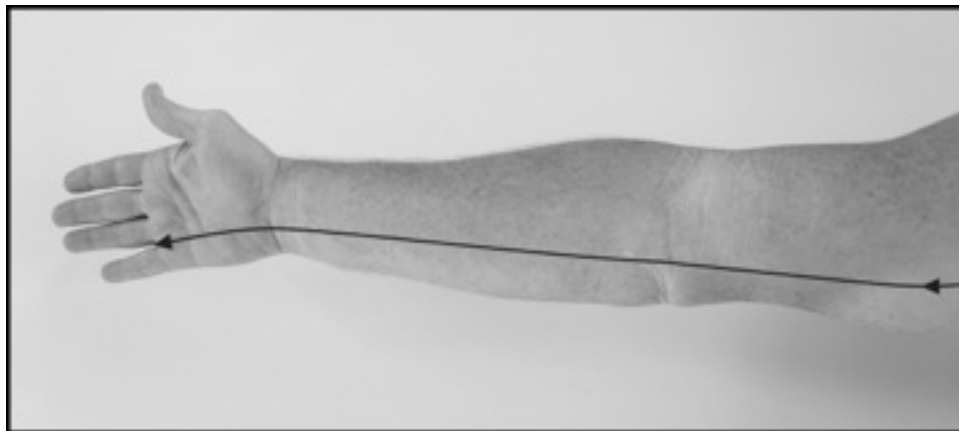
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S SPLEEN

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED ENVY, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## HEART MERIDIAN



## PALPATION

**To palpate the heart meridian feel from the medial cubital crease down the forearm to the pisiform bone.**

## **FUNCTION**

**The heart is a hollow muscular organ that pumps blood throughout the blood vessels to various parts of the body by repeated, rhythmic contractions. It is found in all animals with a circulatory system, which includes the vertebrates.**

## **EMOTION**

**Love**

## **MERIDIAN OPENING MOVEMENT FOR HEART**



## **AFFIRMATION**

I LOVE YOU HEART

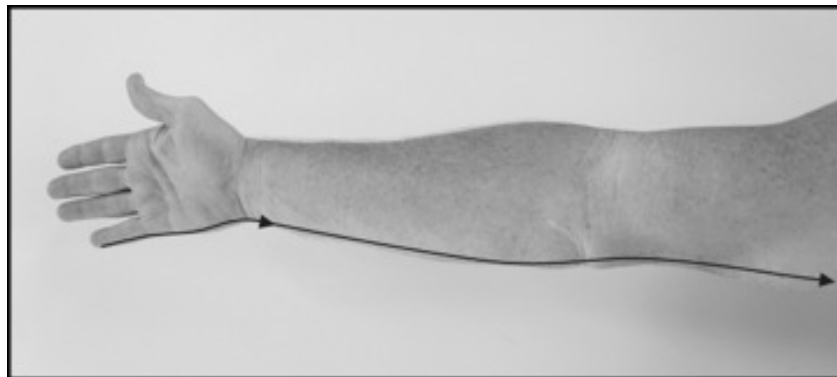
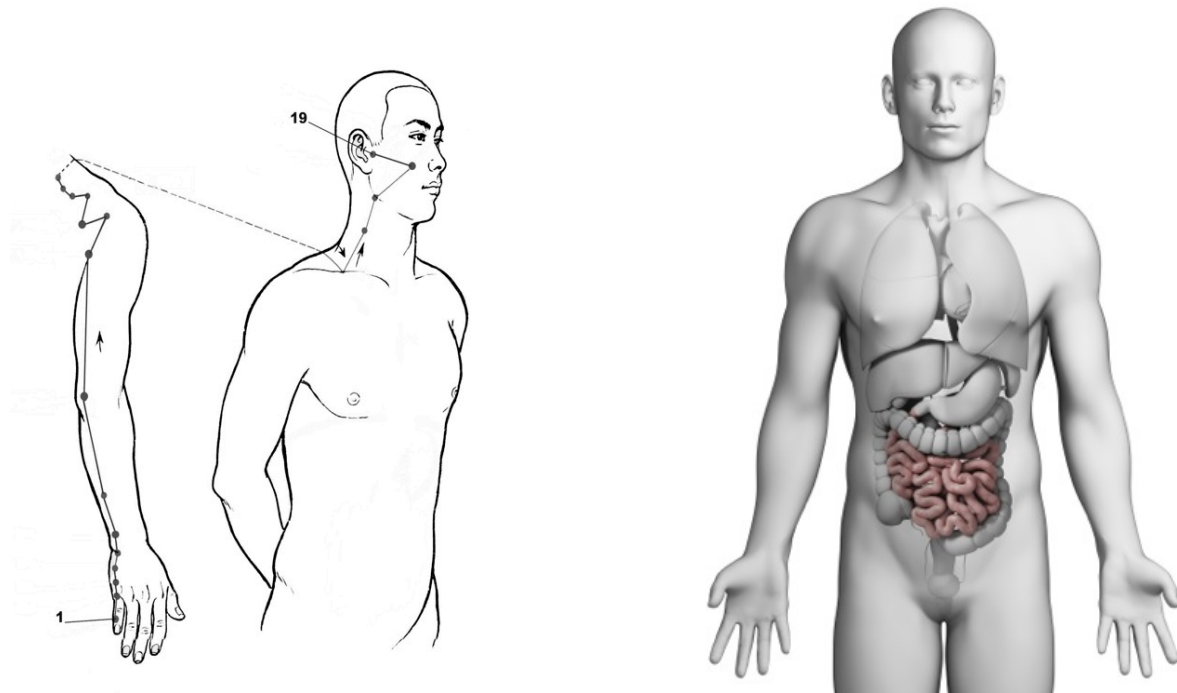
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S HEART

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED LOVE IN ALL ITS ASPECTS, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## SMALL INTESTINE MERIDIAN



### PALPATION

**To locate the Small Intestine Meridian palpate from the head of the ulna up to the olecranon process.**

### FUNCTION

**The small intestine is responsible for absorbing most of the nutrients found within your food. By the time ingested food reaches the small intestine, it has been mechanically broken down into a liquid. As this liquid flows across the inner surface of the small intestine (which has many small folds to increase the surface area), nutrients within the food come into contact with**



**the many small blood vessels that surround the small intestine. This blood then leaves the small intestine, carrying away nutrients, water electrolytes, vitamins, minerals, fats and medications to the entire body. It can take three to six hours for a meal to pass from one end of the small intestine to the other, and that is dependent on the makeup of the food passing through; meals containing a lot of fiber move more quickly.**

**EMOTION            Taking in what necessary and letting the rest go**

**MERIDIAN OPENING MOVEMENT FOR SMALL INTESTINE**



**AFFIRMATION**

I LOVE YOU SMALL INTESTINE

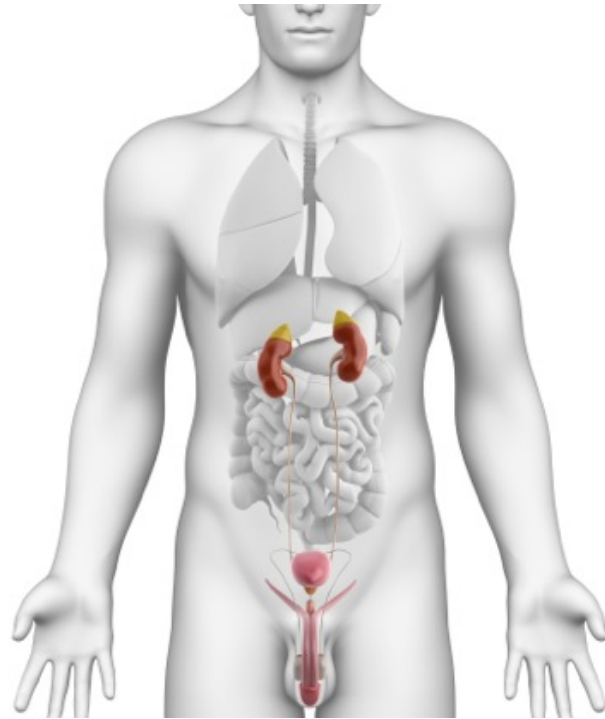
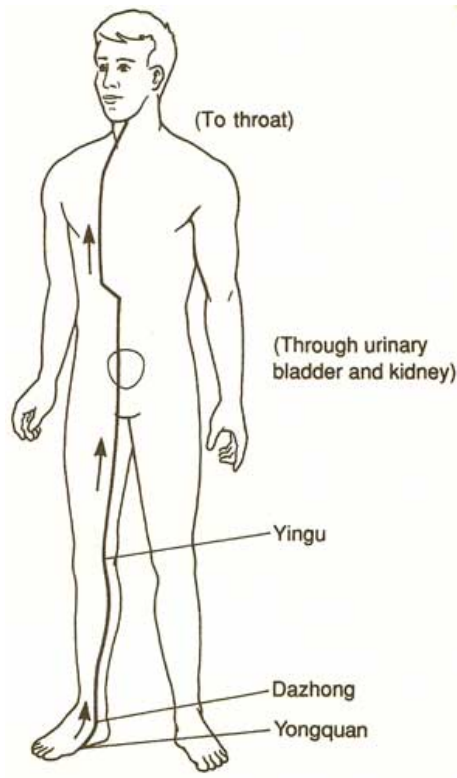
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S SMALL INTESTINE

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED TAKING IN WHAT IS NECESSARY AND LETTING THE REST GO, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

# KIDNEY MERIDIAN



## PALPATION

**To palpate the Kidney meridian squeeze along the adductor muscle groups of the inner thigh.**

## **FUNCTION**

**The primary function of the kidneys is to filter the blood and remove excess fluid from it. The kidneys leave just the right amount of salt and other minerals in the blood. The excess amount is filtered from the blood in the form of a waste liquid called urine.**

## **EMOTION**

**Fear**

## **MERIDIAN OPENING MOVEMENT FOR KIDNEY**



## **AFFIRMATION**

I LOVE YOU KIDNEY

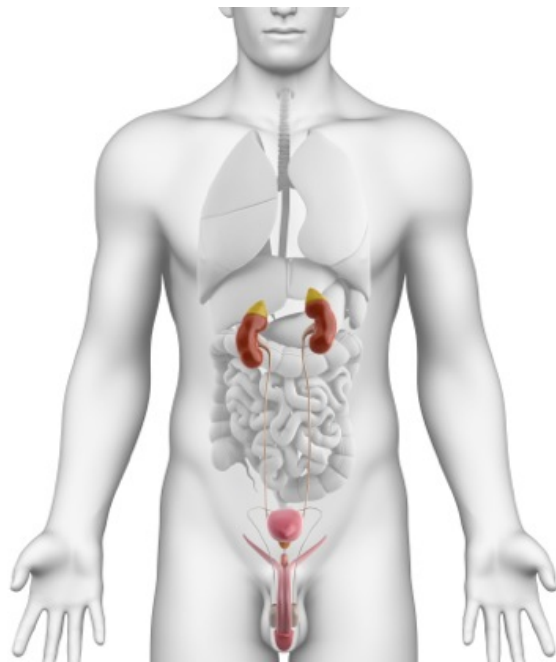
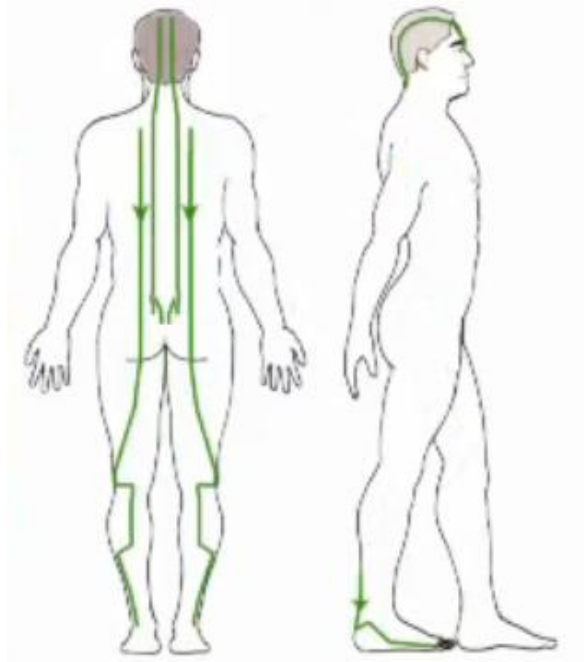
I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S KIDNEY

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED FEAR, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## BLADDER MERIDIAN



### PALPATION

**To palpate the bladder meridian squeeze along the medial and lateral borders of the calf muscle and follow along the hamstring muscles.**

### FUNCTION

**The primary function of the bladder is to serve as a reservoir to store urine produced when the kidneys filter waste products from the blood. The bladder has a usual capacity of about 2 cups, but in some cases may stretch to hold up to 6 cups. Urine fills the bladder from the trigone area near the base of the bladder, and the bladder distends upward toward the umbilicus.**

**EMOTION**      **Control**

**MERIDIAN OPENING MOVEMENT FOR BLADDER**



**AFFIRMATION**

I LOVE YOU BLADDER

I APPRECIATE EVERYTHING YOU DO

I SEE YOU SHINING WITH BRIGHT GOLDEN LIGHT

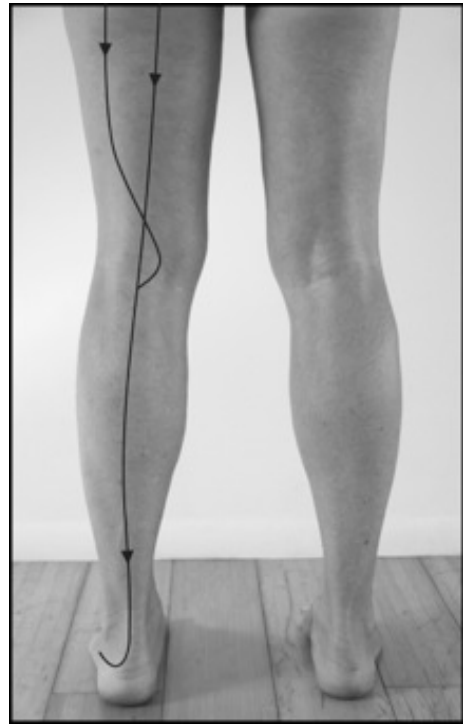
I SEND THE LOVE AND THE LIGHT OUT TO EVERYONE'S BLADDER

I HONOR AND RESPECT THE ENERGY THAT HAS BEEN LABELED **CONTROL**, AND HOLD IT IN ITS HIGHEST ESSENCE AND COME INTO HARMONY WITH IT.

## MERIDIAN OVERVIEW

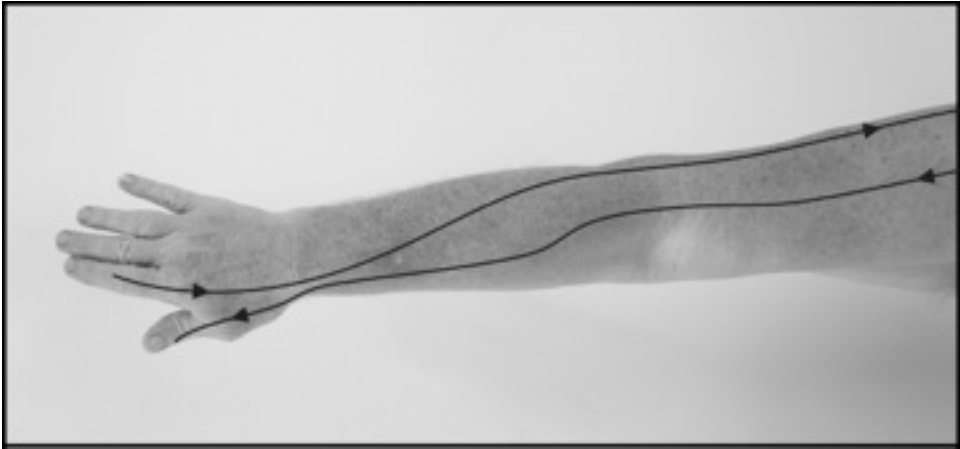
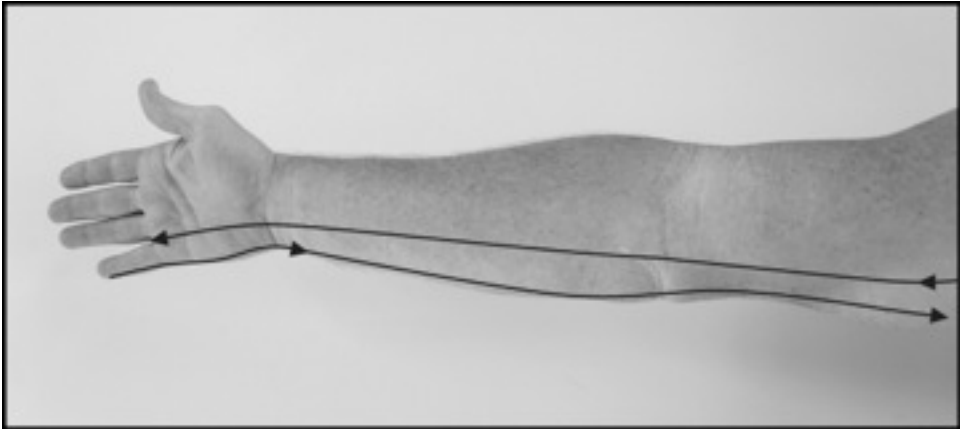


## LOWER EXTREMITIES



**MERIDIAN OVERVIEW**

**UPPER EXTREMITIES**



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## **NOTES**