



ANIMAL KINESIOLOGY

MODULE 4

Welcome to Module 4!

In this module you will be learning more about meridians, including how to balance them. You will also learn how to balance chakras which leads on nicely from the information you gained from Module 3.

MERIDIANS

Meridians are energy pathways in the body, each one maintaining, supporting and nourishing the health of all the organs, bones, skin, joints, muscles, hair and body processes. Meridians are responsible for the communication between the organ systems as well as the regulation of energy flow and blood flow. Traditional Chinese Medicine (TCM) identifies the energy flowing through these meridians as 'Chi'. If the flow of energy is out of balance, either too weak or too strong, then the organ system supported by it becomes disrupted. There are more than 500 points that run along these meridians that are known as 'acupoints'. These can be stimulated by acupressure or acupuncture to re-balance the energy running through the meridians.

Meridian charts for dogs are available in the download section of module 4, but I highly recommend investing in a good book or set of charts that you can refer to in detail. The meridians in these charts transfer almost exactly for horses and cats. Books I find particularly useful are:

'Acu-Dog - A Guide to Canine Acupressure' by Amy Snow and Nancy Zidonis. 'Acu-Cat' and 'Acu-Horse' are also available by the same authors.

These books contain excellent charts and some key acupressure points to use for specific ailments.

Chi energy flows through the meridians continuously, but in a systemised way. Each meridian has a specific time of day that the energy flows through it optimally. You will notice that the stomach meridian is most active from 7am - 9am, ready to help digest the first meal of the day! People who suffer from insomnia often have unbalanced stomach meridians and will feel compelled to get up during the night to snack when the stomach should be in a rest period.

If you are working with an animal who does something specific at a certain time of the day e.g. is wakes up panting at 4am then it shows that there is a likely imbalance in the lung meridian. The table below is very useful for figuring out which meridian to work on.

MERIDIAN	TIME OF DAY
Lung Meridian	3 - 5 AM
Large Intestine Meridian	5 - 7 AM
Stomach Meridian	7 - 9 AM
Spleen Meridian	9 - 11 AM
Heart Meridian	11 - 1 PM
Small Intestine Meridian	1 - 3 PM
Bladder Meridian	3 - 5 PM
Kidney Meridian	5 - 7 PM
Pericardium Meridian	7 - 9 PM
Triple Heater Meridian	9 - 11 PM
Gall Bladder Meridian	11 PM - 1 AM
Liver Meridian	1 - 3 AM

MERIDIAN PROPERTIES

As each of the meridians relate to specific organs and body processes, the ailments the animal presents with can indicate which of the meridians is out of balance. As well as physical symptoms, an unbalanced meridian will also have an emotional symptoms(s) associated. Below are brief descriptions of the physical and emotional signs of an unbalanced meridian.

Lung Meridian

Responsible for respiration. Issues related to this meridian include respiratory conditions, itchy skin, allergies, neck and shoulder issues and lymphatic circulation. Emotional issues are grief, stubbornness and compulsive behaviours.

Large Intestine Meridian

Responsible for absorption of fluids and elimination of waste. Issues related to this meridian include dental problems, constipation or diarrhea, immune weakness and allergies. Emotional issues are restlessness, indifference/alooftness and compulsive behaviours.

Stomach Meridian

Controls digestion and transforms food into bio-absorbable nutrients. Issues would include digestive problems, weight issues and poor muscle tone. Emotional issues would be anxiety, lack of focus and overprotective behaviours.

Spleen Meridian

Considered the 'centre within the body' and sustains a dog's life after birth by creating chi energy from food. Health issues include digestive problems, weight issues, stifle pain, water retention and bloat. Emotional issues include anxiety, excessive worry, overprotective behaviours and obsessive behaviours.

Heart Meridian

The main role is in blood circulation. Health issues relating to this meridian include cardiovascular disorders, shoulder pain, brain or nervous system disorders and excessive panting. Emotional issues include depression, lack of focus, restlessness and nervous exhaustion.

Small Intestine Meridian

Plays a key function is digestion and absorption by separating pure from impure. Health issues would include arm, shoulder or neck pain, digestive problems and urinary/bowel issues. Emotional issues include not knowing right from wrong, depression, manic behaviour and anxiety.

Bladder Meridian

The bladder is involved with body fluid movement around the body. Health issues would include urinary tract problems, lower back pain, dry lungs, low energy. Emotional problems may be chronic anxiety, fear issues and jealousy.

Kidney Meridian

This is referred to as the 'root of life' as it stores the original source chi belonging to the animal. It is also heavily involved in governing the body's water balance. Health issues would include general back pain, hock and stifle problems, arthritis, ear problems. Emotional issues may be anxiety, fear issues and jealousy.

Pericardium Meridian

The role of the pericardium is to protect the heart on a physical and emotional level. Health issues would include chest pain, forelimb pain or stiffness and cardiovascular problems. Emotional issues would include difficulty bonding with owner, lack of trust, anxiety and abandonment issues.

Triple Heater Meridian

This is considered an energetic organ and is responsible for transporting chi so that it flows uninterrupted throughout the body. Health issues would include problems with temperature regulation, forelimb, neck or head soreness, ear/eye problems and metabolic problems. Emotional issues include depression and anxiety.

Gall Bladder Meridian

The gall bladder secretes bile as needed for digestion and it works with the liver to ensure harmonious flow of chi. Health issues may include digestive problems, muscle spasms, seizures/convulsions and tendon related pain. Emotional issues include depression, lack of initiative and aggression.

Liver Meridian

Involved in the smooth and harmonious flow of chi and manages the supply of blood during periods of activity. Health issues would include muscle spasms, seizures/convulsions, reproductive issues, joint problems and blood disorders. Emotional issues would be depression, chaotic behaviour, irritability and anger.

Central Vessel Meridian

It transfers chi as needed to balance the other meridians. It has a strong influence on the reproductive system and overall physical development. Health issues include fertility issues, blood problems and digestive disorders. Emotional problems would include hyperactivity and anxiety.

Governing Vessel Meridian

This meridian nourishes the spine and brain and enhances the yang energy of the animal. Health issues can include nervous system issues, circulation problems, spinal soreness and kidney function problems. Emotional issues may include anxiety.

USE THE MERIDIAN CHART DOWNLOAD FOR THE FOLLOWING CORRECTIONS

MERIDIAN CORRECTION - FROZEN POINTS

Often one or more of the acupuncture points along a meridian will become blocked. We refer to this as a 'frozen point'. When an acupuncture point is frozen the chi energy is unable to flow through it optimally. As you have learned, the ripple effect on the rest of that particular meridian and the meridian system as a whole can be significant. Locating and unblocking frozen acupuncture points is hugely beneficial to an animal's overall health and wellbeing, both physically and emotionally.

There are 2 ways to unblock a frozen point on a meridian.

Acupuncture:

You will apply light pressure to the acupuncture point with a neutral touch (a thumb or two fingers). Hold steady with this light pressure until you feel the point pulsate. This indicates that energy is running through the point again. If you are unable to tell if the point is pulsating or are not sure if you have held the points for long enough then simply muscle test to ask if you need to hold for longer.

Once you have released the points it is important to ask if there are any further points left to clear on that particular meridian. If you get a 'yes' response then count up through the numbered points again until you get a stress response from your indicator muscle. Repeat the correction by holding the next points until they pulsate.

Once the first meridian is clear you can now go back to your alarm points to find the next meridian with frozen points. Repeat until all are clear and none of the alarm points give a change in the indicator muscle.

Acu-tap:

Acu-tap is a rhythmic tap that tunes into a certain healing frequency that unblocks stuck energy. With a neutral touch (two fingers) you are going to tap the frozen acupressure point in a tap... tap...taptap rhythm. This is the same as a waltz tempo. Repeat for approximately 30 seconds and then muscle test again to ask if further taps are required.

Once the point is clear you will then ask if there are any further points that need to be cleared using acu-tap on that particular meridian. Next, ask if there are any frozen points on another meridian that requires clearing. In this case, go back to the alarm points to identify the next meridian.

Important: Remember to ask if it is the left or right meridian that the blocked acupressure point is on!

MERIDIAN CORRECTION - FLUSHING MERIDIANS

This correction is very similar to clearing the central vessel meridian during the pre-checks.

Identify the meridian that requires flushing by going through the alarm points, muscle testing after each one.

Once you have identified the meridian, use the charts to go find the beginning and end points of the meridian. Use 'time mode' (the same as you used in 'Age Regression'- Module 3) to find out how many times you need to flush the meridian.

You will use the palm of your hand to run the energy of the meridian from start to finish. Hold your hand a few inches away from the body and visualise 'pushing' the energy through the meridian with the palm of your hand. Be careful to run the meridian energy in one direction only. **Do not** move the energy back the other way from the end to the beginning of the meridian as this will undo all the correction you have made.

Once finished make sure you re-check that the particular alarm point you found initially does not give a stress response in the indicator muscle when tested.

Ask if there are any further meridians that require flushing.

NOW WATCH THE VIDEOS 'FROZEN ACUPRESSURE POINTS' AND 'FLUSHING MERIDIANS'

CHAKRA CORRECTION

This chakra balance follows on from the chakra information you learned in Module 3. We will now look at how you can actually correct a chakra.

If chakras are out of balance, there will be symptoms to indicate this. The emotion you have identified as being linked to the issue you have chosen to work on, may need a chakra correction. The stress emotion may have caused an imbalance in one of the chakras. The energy centres of the chakra are very powerful correction points.

The process of correcting a chakra is relatively simple using the tools you already have. To summarise, you will identify the chakra that is out of balance and then, using muscle testing, you will collect the specific issues from the scan sheet that indicate what the symptoms of this imbalance are.

For this balance you will need the following scan sheets which are available for download:

- Chakra chart
- Chakra attributes (several pages)

If you look at the 'Chakra Chart' sheet. You will see that the first column lists the meridians, and the second column lists the chakras associated with those meridians. With this information, we can muscle test meridian alarm points and then reference the charka chart to find out which chakra is out of balance.

Example: If the 'Stomach' alarm point makes the indicator muscle go weak, then the associated chakra is the 'Throat Chakra'. This tells us that the throat chakra needs balanced.

Step 1: When asking the body which correction it requires, if the indicator muscle goes weak when you say "Chakra Balance", then this is the correction you will use.

Step 2: Begin testing each of the alarm points in turn, checking the indicator muscle immediately afterwards. This first alarm point that gives a weak muscle response will be the one you will use to reference a chakra.

- Step 3: Go to the Chakra Chart from the downloads and find the alarm point listed in the left hand column. Now look to find the associated chakra in the next column. This is the chakra you are going to balance. In the next column you will also find whether you have to balance the 'front' or 'back' of the chakra.
- Step 4: It is important to understand which aspects of the chakra are out of balance to discuss with the owner. To do this I now want you to go the 'Chakra Attributes' sheets from the downloads and find the one for the chakra you are balancing.
- Step 5: In the same way you would scan for an emotion, you are going to scan each of the attributes and note down which ones give a stress response.
- Step 6: Discuss your findings with the owner.
- Step 7: You are now going to select one of two options to balance the energy of the chakra.
- Sending energy
 - Palming energy
- This is the exact same as the energy balance you learned earlier.
- Step 8: Refer to the earlier diagram that shows the location of the chakras on the physical body. Remember you will either be working on the front or back of the chakra. The front will be underneath the animal's body (as would be the case on a human upright body), and the back of the chakras will be down the back of an animal.
- Note: The exceptions are the Brow and Crown chakra. In this case you will do the correction in the same spot either way.
- Step 9: Use 'Time Mode' to find out how long you need to perform the correction for.
- Step 10: Perform the correction and then go back and check the alarm point found in the beginning to check that the indicator muscle holds strong this time when the point is touched.

NOW WATCH THE VIDEO 'BALANCING CHAKRAS'

USING CORRECTIONS

You now have learned the following corrections:

- Emotional Stress Diffusion
- Sending Energy
- Palming Energy
- Balancing Meridians
- Balancing Chakras

As you work with more animals and learn more about chakras and meridians you will become familiar with the types of symptoms that would require each of the different corrections. Once you have collected all the stress into the circuit you are working on i.e. emotions, organs holding stress and chakra associations, you would then muscle test to find out which correction to use. I suggest simply having a list of all the corrections you know and scanning the list to find the correct one. Begin testing with a strong muscle and the muscle give a stress response (go weak) when you get to the correction that needs to be used. This is because the body is showing that stress is present in relation to this correction.

Have fun playing with these new corrections and I look forward to seeing you in
Module 5!