

ENERGY FLOW® FACILITATOR MODULE 5 QUESTIONS & ANSWERS

18TH SEPTEMBER 2024

MAIN TOPICS COVERED:

1. What are the different Energy Flow® Meridian Regulation exercises?

The different Energy Flow® Meridian Regulation exercises are:

- Lung Meridian Vitaliser
- Lung Meridian Cleansing
- Lung Meridian Boosting
- Lung Meridian Cupping
- Lung Meridian Tapping
- Chest Pulling
- Lung Flush
- Lung Energiser
- Lung Energy Flow Quickie:
 - Hold the thumb
 - Organ: Hold the ring finger
- Large Intestine Meridian Vitaliser
- Large Intestine Meridian Cleansing
- Neck Flush

- Sinus Release
- Large Intestine Energy Flow Quickie:
 - Hold the index finger
 - Organ: Hold the ring finger
- Stomach Meridian Vitaliser
- Stomach Meridian Cleansing
- Stomach Soother
- Stomach Energy Flow Quickie:
 - Hold under the eye
 - Stomach Grander
 - Organ: Hold the thumb
- Spleen Meridian Vitaliser
- Spleen Meridian Cleansing
- The Hug Hold
- Spleen Energiser
- Spleen Energy Flow Quickie:
 - Under the arm
 - Organ: Hold the thumb
- Heart Meridian Vitaliser
- Heart Meridian Cleansing (No backwards)
- Heart Hold Breathing

- Heart Pinch
- Heart Energy Flow Quickie
- Hold the little finger
- Small Intestine Vitaliser
- Small Intestine Cleansing
- Neck Flush
- Lower Sinus Release
- Small Intestine Energy Flow Quickie:
- Hold the little finger
- Kidney Meridian Vitaliser
- Kidney Meridian Cleansing
- Tantrum Release
- Kidney Balancer
- Emotional Release
- Grief Release
- Kidney Energy Flow Quickie:
- Hold under the collarbone
- Organ: Hold the index finger
- Pericardium Meridian Vitaliser
- Pericardium Meridian Cleansing
- Pericardium Meridian Energiser
- Pericardium Energy Flow Quickie:
- Hold the middle finger
- Triple Warmer Meridian Vitaliser

- Triple Warmer Meridian Cleansing
- Triple Warmer Flush
- Triple Warmer Soother
- Eyebrow Pulling
- Triple Warmer Quickie:
- 9 Gamut Self-Soother
- Hold the side of the eye
- Gallbladder Meridian Vitaliser
- Gallbladder Meridian Cleansing
- Gallbladder Energiser
- Gallbladder Energy Flow Quickie:
- Hold the side of the eye
- Organ: Hold the middle finger
- Liver Meridian Vitaliser
- Liver Meridian Cleansing
- Liver Meridian Energiser
- Grief Release
- Kidney Energy Flow Quickie:
 - Hold under the collarbone
 - Organ: Hold the index finger
- Pericardium Meridian Vitaliser
- Pericardium Meridian Cleansing
- Pericardium Meridian Energiser
- Pericardium Energy Flow Quickie:

- Hold the middle finger
- Triple Warmer Meridian Vitaliser
- Triple Warmer Meridian Cleansing
- Triple Warmer Flush
- Triple Warmer Soother
- Eyebrow Pulling
- Triple Warmer Quickie:
- 9 Gamut Self-Soother
 - Hold the side of the eye
- Gallbladder Meridian Vitaliser
- Gallbladder Meridian Cleansing
- Gallbladder Energiser
- Gallbladder Energy Flow Quickie:
 - Hold the side of the eye
 - Organ: Hold the middle finger
- Liver Meridian Vitaliser
- Liver Meridian Cleansing
- Liver Meridian Energiser

2. What is the Lung Meridian Vitaliser?

Use the palm of the hand to trace the lung meridian from the lungs (under the clavicle), down the front of the body, through the diaphragm and into the abdomen, before ending at the thumb, while flicking off the energy.

3. What are the steps for Lung Meridian Cleansing?

B3 & F3

Backwards:

- A. Place the palm of the hand at the thumb and trace the lung meridian backwards ending at the heart space.
- B. Fling the hands out from the heart space as if letting go while breathing out.
- C. Repeat 2 more times and move to the other side.
- D. Closing by resting the hands on the heart.

Forwards:

- E. Place the palm of the hand at the top of the lung and trace the lung meridian forwards ending at the thumb.
- F. Fling the hands out from the thumb as if letting go while breathing out.
- G. Repeat 2 more times and move to the other side.
- H. Closing by bringing the palms together and noticing the contact with the hands and the thumb.
- I. Imagine both lungs working in harmony together.

B1 & F3:

Backwards:

- A. Place the palm of the hand at the thumb and trace the lung meridian backwards ending at the heart space.
- B. Fling the hands out from the heart space as if letting go while breathing out.
- C. Closing by resting the hands on the heart.

Forwards:

- D. Place the palm of the hand at the top of the lung and trace the lung meridian forwards ending at the thumb.
- E. Fling the hands out from the thumb as if letting go while breathing out.
- F. Repeat 2 more times and move to the other side.
- G. Closing by bringing the palms together and noticing the contact with the hands and the thumb.
- H. Imagine both lungs working in harmony together.

4. What is the large intestine meridian?

- A. **Function:** Extracts and processes water from waste material before expelling it.
- B. **Symptoms of imbalance:** Abdominal pain, shoulder pain, sinusitis, and imbalance in bowel movements.
- C. **Emotions:** Difficulty with holding on, or letting go and guilt.
- D. Time of day: 5:00 am – 7:00 am

- E. **Energy Flow Exercises:** Large Intestine Meridian Vitaliser, Large Intestine Meridian Cleansing, Neck Flush and Sinus Release.
- F. **Large Intestine Energy Flow Quickie:** The index finger, and hold the ring finger (organ).

5. What is the Large Intestine Vitaliser?

Begin at the index finger, travel up the arm and shoulder, through the neck, and then down to the nose and end at the flare of the nostril, while imagining energising the large intestine meridian.

6. What are the steps for Large Intestine Cleansing?

B3 & F3

Backwards:

- A. Breathe in and use the middle finger and index finger begin at the flare of the nose and as you breathe out move to the chin/
- B. Breathing out, using the palm of the hand to move down the cheek to the chin to the neck and down the arm to the index finger, and flick off the energy.
- C. Repeat 2 more time and move to the other side.

Forwards:

- D. Breathe in and place the palm of the hand at the index finger and move up the arm ending at the flare of the nose with the index finger.

E. Breathe out at the flare of the nose and hold.

F. Repeat 2 more times and move the other side.

B1 & F3

Backwards:

A. Breathe in and use the middle finger and index finger begin at the flare of the nose and as you breathe out move to the chin/

B. Breathing out, using the palm of the hand to move down the cheek to the chin to the neck and down the arm to the index finger, and flick off the energy.

Forwards:

C. Breathe in and place the palm of the hand at the index finger and move up the arm ending at the flare of the nose with the index finger.

D. Breathe out at the flare of the nose and hold.

E. Repeat 2 more times and move the other side.

7. What is the Stomach Meridian?

- A. Function: Digests and extracts energy from food and distributes that energy to the spleen and intestines.
- B. Symptoms of imbalance: Indigestion, acid reflux, neck pain, arm and wrist pain including carpal tunnel, food intolerances, and poor immune function.
- C. Emotions: Worry, nervousness, anxiety, and a lack of acceptance.
- D. Time of day: 7:00 am – 9:00 am
- E. Energy Flow Exercises: Stomach Meridian Vitaliser, Stomach Meridian Cleansing, and Stomach Soother
- F. Stomach Energy Flow Quickie: Hold under the eye, Stomach Grounder, and hold the thumb.

8. What is the Stomach Meridian Vitaliser?

Complete both sides together. Place both hands underneath the eyes, drop down to the jawbone, circle up the outside of your face to your forehead, come down through the eyes to the collarbone go out at the collarbone, over the breast, then go in at your waist, out at your hips, straight down your legs, and off the second toes.

9. What are the steps for Stomach Meridian Cleansing exercise?

B3 & F3

Backwards:

- A. Complete both sides together. Breathe in and hold the second toe, and as you breathe out move straight up your legs, going out at your hips, and in at your waist, over the breast, over the collarbone, up the face through the eyes to your forehead, then down the outside of the face, move up to your jawbone, ending underneath the eye.
- B. Repeat 2 more times.

Forwards:

- C. Complete both sides together. As you breathe in place both hands underneath your eyes, drop down to your jawbone, circle up the outside of your face to your forehead, as you breath out come down through the eyes to the collarbone go out at the collarbone, over the breast, then go in at your waist, out at your hips, straight down your legs, and off the second toe.
- D. Repeat 2 more times.

B1 & F3

Backwards:

- A. Complete both sides together. Breathe in and hold the second toe, and as you breathe out move straight up your legs, going out at your hips, and in at your waist, over the breast, over the

collarbone, up the face through the eyes to your forehead, then down the outside of the face, move up to your jawbone, ending underneath the eye.

Forwards:

- B. Complete both sides together. As you breathe in place both hands underneath your eyes, drop down to your jawbone, circle up the outside of your face to your forehead, as you breathe out come down through the eyes to the collarbone go out at the collarbone, over the breast, then go in at your waist, out at your hips, straight down your legs, and off the second toe.
- C. Repeat 2 more times.

10. What is the Spleen Meridian?

- A. **Function:** Distributes nutrients throughout the body, maintains muscle and limb tone, regulates blood flow, and builds strength and resilience.
- B. **Symptoms of imbalance:** Diarrhoea, constipation, bloating, lack of appetite, prolapsed internal organs, weak muscles, general fatigue, brain fog, and absent-mindedness.
- C. **Emotions:** Overthinking, exhaustion, and fatigue.
- D. **Time of day:** 9:00 am – 11:00 am
- E. **Energy Flow Exercises:** The Spleen Meridian Vitaliser, The Spleen Meridian Cleansing, The Hug Hold, and Spleen Energiser.

F. **Spleen Energy Flow Quickie:** Under the arm point, and hold the thumb.

11. What is a Spleen Meridian Vitaliser?

Breathe in and trace the spleen meridian from outside the big toe up the inside of the legs, in at the belly, out at the waist, in above the belly button, out to the lower chest (diaphragm) to up the chest, to under the arms and down to the side of the ribcage (under the arm) and breathe out.

12. What are the steps for Spleen Meridian Cleansing?

B1 & F3

Backwards:

- A. Complete both sides together. Breathe in and hold the side of the ribcage and as you breathe out trace the spleen meridian backwards, from bottom of rib cage up under the arms then down the inside of the leg to the outside of the big toe.
- B. Flick the energy away.

Forwards:

- C. Complete both sides together. Breathe in and trace the spleen meridian from outside the big toe up the inside of the legs, in at the belly, out at the waist, in above the belly button, out to the lower chest (diaphragm) to up the chest, to under the arms and down to the side of the ribcage (under the arm) and breathe out.

ADDITIONAL QUESTIONS:

1. Which direction do we move first when doing the 12: forward 3 or backward 1?

When performing the 12, one would first proceed forward by 3 before moving backward by 1. This sequence allows for a smooth and structured flow, particularly when following a set routine such as meridian exercises.

2. Which exercises or flows should we start with for a class at 7 am?

For a class at 7 AM, you should begin with the stomach meridian, as it is the dominant meridian during this time. The sequence should start with K. 27 to energise, followed by the central and governing meridians. After that, proceed with the stomach flow and continue through the subsequent meridians in the sequence, such as spleen, heart, and small intestine, ultimately concluding with the stomach again.

3. How is the large intestine connected if the meridians don't always go through the organs?

The large intestine is connected through its associated meridian, which balances the functions related to the organ, rather than the organ itself. Specifically, the large intestine meridian is linked to the lung and also influences areas such as the shoulder and neck. While the meridian does not necessarily pass through the organ, it helps cleanse the

channel associated with it, ensuring proper function. This distinction between balancing the organ and its functions explains why the meridian does not always travel through the organ directly.