

**ENERGY FLOW® PRACTICES & MERIDIANS FOR COMMON CONCERNS**

No.	Focus Area	Meridians	Key Energy Flow® Exercises
1.	<b>Addictions</b>	Kidney (safety & survival), Liver (control), Heart (worth), Triple Warmer (stress), Central (identity)	<ul style="list-style-type: none"> <li>• Longer Exhale Breathing</li> <li>• Vagus Nerve Reset</li> <li>• Self-Soothing Touch (Forehead &amp; Face)</li> <li>• Kidney Energiser</li> <li>• Butterfly Tapping</li> <li>• Emotional Cleanse</li> <li>• Thumb Hold Breathing</li> </ul>
2.	<b>Alopecia</b>	Kidney (regeneration), Liver (circulation), Lung (skin), Spleen (nutrition), Governing (head flow)	<ul style="list-style-type: none"> <li>• Chest Expansion Breath</li> <li>• Inner Ear Humming</li> <li>• Neck &amp; Shoulder Release</li> <li>• Neck Drainage</li> <li>• Lung Flush</li> <li>• Lower Scalp Pulling</li> <li>• Ring Finger Breathing</li> </ul>
3.	<b>Anticipated Grief</b>	Lung (letting go), Heart (pain), Kidney (fear), Pericardium (safety), Central (grounding)	<ul style="list-style-type: none"> <li>• Soothing Wave Breath</li> <li>• Simple Humming</li> <li>• Self-Soothing Touch</li> <li>• Grief Release</li> <li>• Being Held</li> <li>• Despondency Hold</li> </ul>
4.	<b>Autism Spectrum</b>	Kidney (safety), Heart (connection), Spleen (grounding), Governing	<ul style="list-style-type: none"> <li>• Grounding Breath</li> <li>• Sensory Awareness</li> <li>• Resting Pose</li> </ul>

		(regulation), Central (integration)	<ul style="list-style-type: none"> <li>• Foot Pressure Grounding</li> <li>• Hug Hold</li> <li>• Butterfly Tapping</li> </ul>
<b>5.</b>	<b>Autism Spectrum (Kids)</b>	Heart (bonding), Kidney (security), Spleen (stability), Central (awareness), Governing (control)	<ul style="list-style-type: none"> <li>• Body Scan Breathing</li> <li>• Gentle Warm Up</li> <li>• Hug Hold</li> <li>• Heaven &amp; Earth Breathing</li> <li>• Emotional Cleanse</li> </ul>
<b>6.</b>	<b>Boredom</b>	Liver (motivation), Heart (joy), Gallbladder (direction), Spleen (energy), Governing (activation)	<ul style="list-style-type: none"> <li>• Mountain Breath</li> <li>• Bouncing Movement</li> <li>• Liver Energiser</li> <li>• Shaking</li> <li>• Twist &amp; Turn</li> </ul>
<b>7.</b>	<b>Borderline Personality Disorder</b>	Heart (regulation), Kidney (abandonment), Liver (anger), Pericardium (boundaries), Central (identity)	<ul style="list-style-type: none"> <li>• Coherent Breathing</li> <li>• Heart Hold Breathing</li> <li>• Triple Point Calmer</li> <li>• Resourcing Practice</li> <li>• Finger Hold Breathing</li> </ul>
<b>8.</b>	<b>Chronic Pain</b>	Kidney (depletion), Bladder (tension), Liver (stagnation), Governing (spine), Central (awareness)	<ul style="list-style-type: none"> <li>• Pulling the Pain</li> <li>• Trapezius Release</li> <li>• Counter-Clockwise Circling</li> <li>• Trauma Shaking</li> <li>• Kidney Balancer</li> </ul>
<b>9.</b>	<b>Confidence</b>	Heart (worth), Kidney (strength), Gallbladder (decision), Central (identity), Governing	<ul style="list-style-type: none"> <li>• Open Stance</li> <li>• Chest Expansion</li> <li>• Crown Grounding</li> <li>• Heart Pinch</li> </ul>

		(presence)	<ul style="list-style-type: none"> <li>• Middle Finger Breathing</li> </ul>
<b>10.</b>	<b>Constant Negative Thoughts</b>	Liver (loops), Spleen (rumination), Heart (compassion), Triple Warmer (alert), Central (presence)	<ul style="list-style-type: none"> <li>• Box Breathing</li> <li>• Thumb Hold</li> <li>• Body Tracking</li> <li>• Liver Calm</li> <li>• Emotional Cleanse</li> </ul>
<b>11.</b>	<b>Deaf &amp; Mute Individuals</b>	Kidney (ears), Triple Warmer (sensory), Heart (expression), Governing (neuro)	<ul style="list-style-type: none"> <li>• Inner Ear Humming</li> <li>• Neck Massage</li> <li>• Ear Pumping</li> <li>• Butterfly Tapping</li> </ul>
<b>12.</b>	<b>Depression</b>	Heart (joy), Lung (sadness), Spleen (energy), Kidney (hope), Central (connection)	<ul style="list-style-type: none"> <li>• Resonant Breathing</li> <li>• Hug Hold</li> <li>• Lung Energiser</li> <li>• Resting Pose</li> <li>• Ring Finger Breathing</li> </ul>
<b>13.</b>	<b>Difficulty Waking Up Fresh</b>	Kidney (adrenals), Lung (oxygen), Spleen (metabolism), Governing (flow)	<ul style="list-style-type: none"> <li>• Mountain Breath</li> <li>• Cold Face</li> <li>• Chest Expansion</li> <li>• Kidney Energiser</li> </ul>
<b>14.</b>	<b>Practitioners Under Stress</b>	Pericardium (boundaries), Heart (burnout), Triple Warmer (overload), Kidney (fatigue), Central (centering)	<ul style="list-style-type: none"> <li>• Coherent Breathing</li> <li>• Pericardium Energiser</li> <li>• Being Held</li> <li>• Orientating</li> <li>• Emotional Cleanse</li> </ul>
<b>15.</b>	<b>Fear of Health Issues</b>	Kidney (fear), Lung (anxiety), Triple	<ul style="list-style-type: none"> <li>• 4-7-8 Breathing</li> <li>• Kidney Release</li> </ul>

		Warmer (threat), Heart (reassurance)	<ul style="list-style-type: none"> <li>• Triple Warmer Soother</li> <li>• Forehead Pulling</li> </ul>
<b>16.</b>	<b>Fibromyalgia</b>	Kidney (fatigue), Liver (pain), Bladder (tension), Spleen (weakness), Governing (modulation)	<ul style="list-style-type: none"> <li>• Circular Breathing</li> <li>• Draining Pain</li> <li>• Legs Up Wall</li> <li>• Bladder Vitaliser</li> <li>• Stress Release</li> </ul>
<b>17.</b>	<b>Forgiveness</b>	Liver (resentment), Heart (compassion), Pericardium (safety), Central (integration)	<ul style="list-style-type: none"> <li>• Sighing Breath</li> <li>• Heart Hold</li> <li>• Pericardium Balancer</li> <li>• Emotional Cleanse</li> </ul>
<b>18.</b>	<b>Grief</b>	Lung (loss), Heart (sorrow), Kidney (shock), Central (grounding)	<ul style="list-style-type: none"> <li>• Lung Flush</li> <li>• Ring Finger</li> <li>• Being Held</li> <li>• Grief Release</li> </ul>
<b>19.</b>	<b>Guilt</b>	Liver (blame), Heart (love), Spleen (thinking), Central (acceptance)	<ul style="list-style-type: none"> <li>• Thumb Hold</li> <li>• Despondency Hold</li> <li>• Self-Soothing</li> <li>• Emotional Cleanse</li> </ul>
<b>20.</b>	<b>High-Stress Jobs</b>	Triple Warmer (stress), Pericardium (boundaries), Kidney (burnout), Heart (pressure), Governing (resilience)	<ul style="list-style-type: none"> <li>• Box Breathing</li> <li>• Triple Warmer Flush</li> <li>• Ear Massage</li> <li>• Open Stance</li> </ul>
<b>21.</b>	<b>Hyperactivity</b>	Heart (overdrive), Liver (restless), Kidney	<ul style="list-style-type: none"> <li>• Longer Exhale</li> <li>• Shifting Weight</li> </ul>

		(grounding), Central (awareness)	<ul style="list-style-type: none"> <li>• Resting on Belly</li> <li>• Butterfly Tapping</li> </ul>
<b>22.</b>	<b>Immune Support</b>	Lung (defence), Spleen (immunity), Kidney (resilience), Triple Warmer (stress)	<ul style="list-style-type: none"> <li>• Immune Boosting</li> <li>• Cold Hands</li> <li>• Lung Energiser</li> <li>• Full Lymph</li> </ul>
<b>23.</b>	<b>Incontinence</b>	Kidney (pelvic), Bladder (urinary), Central (core), Governing (nerve)	<ul style="list-style-type: none"> <li>• Pelvic Breathing</li> <li>• Kidney Balancer</li> <li>• Central Quickie</li> <li>• Crown Grounding</li> </ul>
<b>24.</b>	<b>Laziness in Body</b>	Spleen (energy), Kidney (drive), Lung (oxygen), Liver (movement)	<ul style="list-style-type: none"> <li>• Gentle Warm Up</li> <li>• Mountain Breath</li> <li>• Bouncing</li> <li>• Stomach Soother</li> </ul>
<b>25.</b>	<b>Menopause</b>	Kidney (hormones), Liver (mood), Heart (sleep), Spleen (metabolism), Governing (heat)	<ul style="list-style-type: none"> <li>• Coherent Breathing</li> <li>• Kidney Energiser</li> <li>• Liver Calm</li> <li>• Neck Drainage</li> <li>• Thumb Hold</li> </ul>
<b>26.</b>	<b>Midlife Stress (Men)</b>	Kidney (vitality), Liver (frustration), Heart (identity), Gallbladder (direction), Central (worth)	<ul style="list-style-type: none"> <li>• Open Stance</li> <li>• Twist &amp; Turn</li> <li>• Liver Energiser</li> <li>• Heart Hold</li> </ul>
<b>27.</b>	<b>Obesity (Emotional)</b>	Spleen (digestion), Stomach (appetite), Liver (emotion), Kidney	<ul style="list-style-type: none"> <li>• Stomach Soother</li> <li>• Hug Hold</li> <li>• Body Tracking</li> </ul>

		(will), Central (image)	<ul style="list-style-type: none"> <li>• Full Lymph</li> </ul>
28.	<b>Osteoarthritis</b>	Kidney (bones), Liver (tendons), Bladder (stiffness), Governing (spine)	<ul style="list-style-type: none"> <li>• Joint Circles</li> <li>• Kidney Energiser</li> <li>• Trapezius</li> <li>• Governing Quickie</li> </ul>
29.	<b>Parents in Trauma</b>	Heart (exhaustion), Kidney (fear), Triple Warmer (shock), Pericardium (protection), Central (grounding)	<ul style="list-style-type: none"> <li>• Being Held</li> <li>• Butterfly</li> <li>• Self-Soothing</li> <li>• Coherent Breathing</li> </ul>
30.	<b>Parents of Special Needs</b>	Pericardium (boundaries), Kidney (resilience), Heart (love), Governing (stability)	<ul style="list-style-type: none"> <li>• Hug Hold</li> <li>• Neck Release</li> <li>• Orientating</li> <li>• Emotional Cleanse</li> </ul>
31.	<b>Parental Burnout</b>	Kidney (depletion), Heart (overgiving), Triple Warmer (stress), Central (self-care)	<ul style="list-style-type: none"> <li>• Legs Up Wall</li> <li>• Resting Pose</li> <li>• Ear Massage</li> <li>• Emotional Cleanse</li> </ul>
32.	<b>PCOD</b>	Kidney (hormones), Liver (cycle), Spleen (metabolism), Central (trust)	<ul style="list-style-type: none"> <li>• Pelvic Breathing</li> <li>• Liver Calm</li> <li>• Spleen Energiser</li> <li>• Stomach Drainage</li> </ul>
33.	<b>Premenopause / Perimenopause</b>	Kidney (transition), Liver (irritability), Heart (sleep), Governing (heat), Central	<ul style="list-style-type: none"> <li>• Soothing Wave</li> <li>• Kidney Energiser</li> <li>• Neck Massage</li> </ul>

		(adaptation)	<ul style="list-style-type: none"> <li>• Thumb Hold</li> </ul>
<b>34.</b>	<b>Postpartum Depression</b>	Heart (bonding), Kidney (exhaustion), Spleen (loss), Lung (sadness), Central (connection)	<ul style="list-style-type: none"> <li>• Hug Hold</li> <li>• Resting Pose</li> <li>• Ring Finger</li> <li>• Being Held</li> </ul>
<b>35.</b>	<b>Pregnancy Support</b>	Kidney (foetal energy), Spleen (nourish), Heart (bond), Central (trust)	<ul style="list-style-type: none"> <li>• Grounding Breath</li> <li>• Pelvic Breathing</li> <li>• Belly Soothing</li> <li>• Hug Hold</li> </ul>
<b>36.</b>	<b>Procrastination</b>	Kidney (fear), Liver (avoidance), Gallbladder (decision), Spleen (fatigue), Central (focus)	<ul style="list-style-type: none"> <li>• Mountain Breath</li> <li>• Shaking</li> <li>• Gallbladder Energiser</li> <li>• Open Stance</li> </ul>
<b>37.</b>	<b>Trauma Relief (No Revisiting)</b>	Pericardium (safety), Triple Warmer (threat), Heart (integration), Central (presence)	<ul style="list-style-type: none"> <li>• Butterfly</li> <li>• Triple Point</li> <li>• Being Held</li> <li>• Orientating</li> </ul>
<b>38.</b>	<b>Sadness</b>	Lung (grief), Heart (emotion), Spleen (heaviness), Central (grounding)	<ul style="list-style-type: none"> <li>• Ring Finger</li> <li>• Lung Flush</li> <li>• Hug Hold</li> <li>• Soothing Wave</li> </ul>
<b>39.</b>	<b>School Counsellors</b>	Pericardium (boundaries), Heart (empathy), Kidney (fatigue), Central (centering)	<ul style="list-style-type: none"> <li>• Ear Massage</li> <li>• Open Stance</li> <li>• Coherent Breath</li> <li>• Emotional Cleanse</li> </ul>

<b>40.</b>	<b>Self-Esteem</b>	Heart (worth), Kidney (trust), Central (identity), Governing (posture)	<ul style="list-style-type: none"> <li>• Crown Grounding</li> <li>• Heart Hold</li> <li>• Power Stance</li> <li>• Central Quickie</li> </ul>
<b>41.</b>	<b>Shame</b>	Liver (attack), Heart (acceptance), Kidney (fear), Central (compassion)	<ul style="list-style-type: none"> <li>• Self-Soothing Face</li> <li>• Emotional Cleanse</li> <li>• Butterfly</li> <li>• Being Held</li> </ul>
<b>42.</b>	<b>Skin Conditions</b>	Lung (skin), Liver (toxins), Spleen (inflammation), Large Intestine (detox)	<ul style="list-style-type: none"> <li>• Lung Flush</li> <li>• Cheek Drainage</li> <li>• Full Lymph</li> <li>• Emotional Cleanse</li> </ul>
<b>43.</b>	<b>Special Needs Teachers</b>	Pericardium (protection), Kidney (stamina), Heart (love), Central (balance)	<ul style="list-style-type: none"> <li>• Hug Hold</li> <li>• Neck Release</li> <li>• Orientating</li> <li>• Boundary Work</li> </ul>
<b>44.</b>	<b>Stuckness</b>	Liver (movement), Gallbladder (direction), Spleen (motivation), Central (confidence)	<ul style="list-style-type: none"> <li>• Twist</li> <li>• Shaking</li> <li>• Gallbladder Energiser</li> <li>• Mountain Breath</li> </ul>
<b>45.</b>	<b>Teachers</b>	Heart (patience), Pericardium (boundaries), Triple Warmer (stress), Central (presence)	<ul style="list-style-type: none"> <li>• Box Breath</li> <li>• Ear Massage</li> <li>• Open Stance</li> <li>• Self-Soothing</li> </ul>
<b>46.</b>	<b>Teenagers</b>	Kidney (security), Liver (swings), Heart (worth),	<ul style="list-style-type: none"> <li>• Grounding Breath</li> <li>• Shifting Weight</li> </ul>

		Governing (regulation), Central (identity)	<ul style="list-style-type: none"> <li>• Butterfly</li> <li>• Open Stance</li> </ul>
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