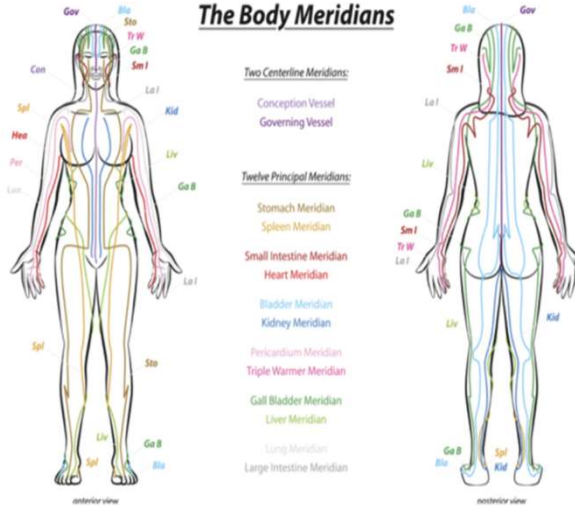
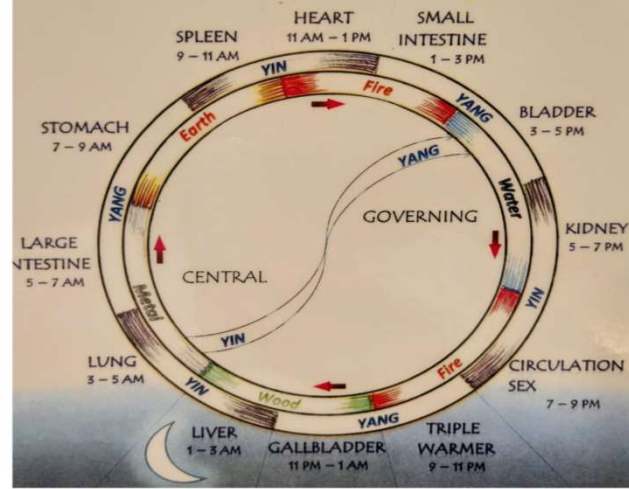


The Body Meridians



The Meridian Flow Wheel



Crown Pull



1. Place fingertips down center of forehead
2. Breath in and press in
3. Exhale and pull fingers apart a half to one inch
4. Move fingers up so pinkies are on hairline and remaining fingers are on top of head
5. Breath in and press in
6. Exhale and pull fingers apart a half to one inch
7. Continue working your way along the center of your head and down the back of your neck

Connecting Heaven & Earth



1. Rub your hands together and shake off the energy
2. Bring your hands together in a prayer position at your heart
3. On an inhale, reach one arm up to the sky and the other down to the ground with both palms flat and looking up at your top hand
4. Exhale your hand back to a prayer position at your heart
5. On an inhale, reach arms in the same manner but in the opposite directions, again looking at the hand that's up towards the sky
6. Exhale your hand back to a prayer position at your heart
7. Repeat once more in each direction, this time looking up your top hand, then down at your bottom hand, and back up to the top hand before exhaling back to center
8. Exhale all the way until you're hanging over and let your arms and head release to the ground on your exhales
9. Bend your knees and make figure eights up the front of your body as you roll your spine up one vertebra at a time and bring your hands overhand and then down to your sides

Celtic Weave



1. Rub your hands together then hold slightly apart and feel the energy between them
2. Shake off the energy
2. Rub hands together again and place on your thighs – imagine pain, tension, sadness, all draining out of your body
3. Raise your arms above your head and welcome in new, positive feelings
4. Rub hands together again and then place on either side of your head, a few inches from your ears
5. Cross arms in front of your face and sweep them out to the side at shoulder height
6. Cross arms in front of your belly and sweep them out to the side at waist height
7. Cross arms in front of your shins and sweep them out to the side at ankle height
8. While bent over, reach arms up behind you and gather energy, scooping from behind you, up your front, and then down over your head and whole body

Hook-Up



1. Place the middle finger of one hand on the "third eye" which is between the eyebrows
2. Place the middle finger of your other hand in your navel (or alternately, in the hollow spot at the base of your skull)
3. Gently press the fingers in and pull up
4. Hold at least 15 seconds or as long as feels good (you'll sometimes experience a deep sigh or yawn which indicates the energies of Central and Governing meridians are hooking up)

Neurovascular Hold



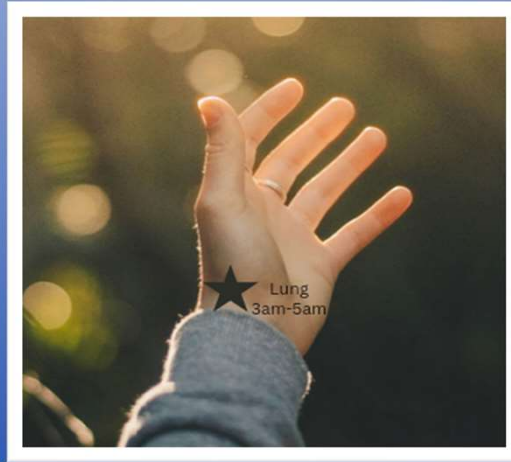
1. Place one hand sideways across your forehead
2. Place your other hand at the base of your skull
3. Hold and breathe as you let your stressful thoughts run until they calm down

Meridian Source Points



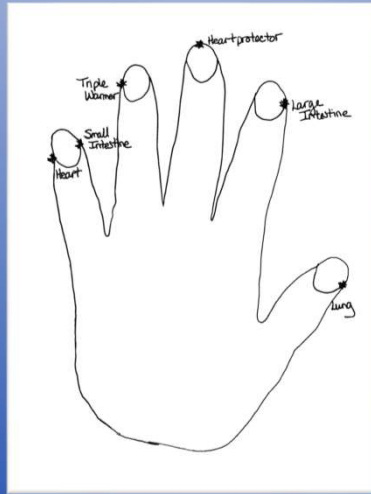
1. If you wake between 11pm-1am, rub the Gallbladder point before bed and/or if you awake during that time
2. If you wake between 1am-3am, rub the Liver point before bed and/or if you awake during that time

Meridian Source Points



1. If you wake between 3am-5am, rub the Lung point before bed and/or if you awake during that time

Finger Twist



1. Using your thumb and first two fingers, massage the thumb of your opposite hand, then pull and twist off the end of your thumb several times
 2. Repeat with each finger of that hand and then work on the other hand
- (The meridian end points on the fingertips correspond with stress, anxiety, and panic, along with the energies of releasing and letting go)

Additional Sleep Tips

- Keep your bedroom dark or wear an eye mask
 - This helps the pineal gland produce natural melatonin
- Go to bed by 10pm to avoid getting a second wind
 - Triple Warmer time is from 9-11pm
- Choose any of today's exercises that feel good
 - Try a few before bed and a few in bed
- Have one or two techniques ready if you wake in the night
 - Neurovascular hold, Source Points, teffening (forearm scratch)
- Do the Daily Energy Routine in the morning
 - This aligns your energies for the day and the following night

Video resources

Blow out the Venom



Cover the Eyes

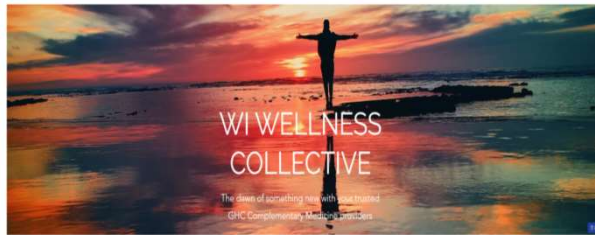


Daily Energy Routine



YouTube channel: Creating Connections with Wendy Warren

www.WI-Wellness-Collective.com



What's Next & Where to Find Us

GPC is closing the Complementary Medicine Department at the end of 2023, but the providers on this website are committed to continuing to provide you with the same dedication, compassion, and professionalism you have received from us since 1998.

SCAN ME

