

Priority Balancing According to the Wheel and Five Elements

by John Varun Maguire

The Wheel (24 hour clock) can be used to find priorities for balancing as can the Five Elements. When you look at the pattern on the Wheel, the priority will often be different than the priority on the Five Element chart. Also, you may see two or more possible priorities on either chart. So how can you be sure what the true priority is?

The metaphor I like to use is that the flow of energy through the body can be compared to the streets and freeways of a city. The superficial energy flowing along the meridians is like traffic on the surface streets, and the energy flowing through the five elements is like the traffic on the freeway system. The traffic jam can be on the surface streets or the freeway, so to get the complete traffic report look at both.

After looking at the wheel and five element picture, if you find more than one potential priority, do the following *:

1. Find a correction point which will switch on one of the possible priority muscles by circuit locating (CLing) the neurolymphatics (NL), neurovasculars (NV), etc.
2. Test the muscle(s) associated with the other possible priority meridian(s) while CLing the NL or other correction point which switched on the muscle in step #1. If it switched on the other possible priority muscle(s), then it is the priority. If not repeat steps 1 and 2 with the other possible priority until you find the point which when CL'ed will switch on all weak muscles.

For example, Kidney is over energy and Liver and Large Intestine are under energy. On the Wheel Large Intestine is the midday/midnight

opposite of Kidney. Liver is the son of Kidney on the Five Elements. CL the NL of the Pectoralis Major Sternal and test the weak Fascia Lata and notice if it strengthens it. Now CL the NL of the Fascia Lata and test the Pec. Major Sternal and note if it strengthens.

To follow the traffic analogy, touching the NL of a muscle is like starting up that car in a traffic jam. If the other cars can then move (the other muscles strengthen), that car is the priority to get in gear. The other cars can not move simply because they are following the stalled car. In our example if touching the NL for Fascia Lata (Large Intestine) switches on Pec. Major Sternal, but touching the NL for Pec. Major Sternal does not strengthen Fascia Lata, then Large Intestine is the priority meridian.

This information can be particularly helpful when considering which points are best to further stimulate at home, which foods to avoid or eat more of, as well as which muscles may be reactors and reactives.

In summary, to do more thorough and complete energy balancing look at the full energy priority picture on both the Wheel and the Five Elements.

- * See the following pages for a description of the strategies for finding the priorities on the Wheel and Five Elements.

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TESTING PROCEDURE FOR PRIORITY MERIDIAN BALANCING

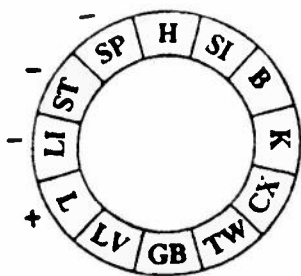
1. Test and balance Supraspinatus/Central and Teres Major/Governing.
2. Test the alarm points and indicate over energy meridians on the chart with a '+'. Use a light touch on alarm points.
3. Test the twelve muscles associated with each of the other meridians. Mark the chart with a '-' for any testing switched off (weak). Steps 2 and 3 can be done in either order.
4. If a muscle is switched off and the alarm point for that meridian shows no over energy is present, then you know that the muscle/meridian is under energy.
If a muscle is switched off and the alarm point for that meridian shows over energy is present, then you know that the meridian is over energy and the muscle is switched off due to too much energy present (similar to blowing a fuse when too much energy is flowing through it).
5. **Find the first priority muscle/meridian and balance it.** After looking at the wheel and five element picture, if you find more than one potential priority, do the following:
 - A. Find a correction point which will switch on one of the possible priority muscles by circuit locating (CLing) the neurolymphatics (NL), neurovasculars (NV), etc.
 - B. Test the muscle(s) associated with the other possible priority meridian(s) while CLing the NL or other correction point which switched on the muscle in step #A. If it switched on the other muscle(s), then it is the priority. If not repeat steps A and B with the other possible priority until you find the point which when CL'ed will switch on all switched off muscles.
6. **Do the appropriate corrections** and then **recheck all under energy muscles** to confirm they are now switched on. If not balance any which remain weak.
7. **Recheck all Alarm Points** - all should now be clear. If you are doing a goal balance, recheck the goal and it should now be clear.

TO FIND THE PRIORITY MUSCLE/MERIDIAN ON THE WHEEL

ANY OF THE FOLLOWING CAN BE THE PRIORITY

1. **A BEAVER DAM** - Look for an over energy meridian followed clockwise by one or more muscles that are switched off due to under energy. The first under energy muscle clockwise from the over energy is the priority.
2. **MIDDAY MIDNIGHT** - If an under energy meridian is at the opposite side of the wheel from an over energy meridian, it can be the priority.
3. **A TRIANGLE** - Look for an equilateral *triangle* where one or two corners are over energy meridians and the other one or two are switched off muscles. The first off muscle (that is on the triangle) clockwise from the over energy is the priority. Note that a triangle contains three meridians from a body segment which are all yin or all yang.
4. **A SQUARE** - Look for a *square* where one or two corners are over energy meridians and the other two or three are switched off muscles. In the same manner as the triangle, the first off on the square clockwise from the over energy is the priority. Note that a square contains a yin and yang meridian on the leg and a yin and yang meridian on the arm.
5. **THE TIME OF DAY** - If none of the above patterns exist, look at the *time of day* and the first muscle/meridian that is under energy from the time of day, including that time of day is the priority. For example, if it is noon and Subscapularis is off due to under energy, balance it first.

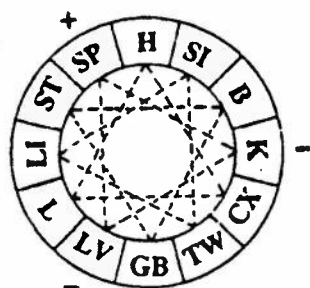
Beaver Dam



This pattern shows an OVER energy blockage in the clockwise flow around the wheel which causes UNDER energy in meridians which follow.

The OVER energy meridian blocks off the energy flow to the following meridians in the same way that a beaver dam stops the free flow of water down the river.

Triangle

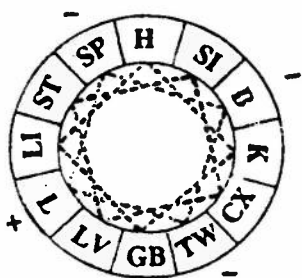


The pattern consists of one or two OVER and one or two UNDER energy meridians which, when connected with lines, form the corners of an equilateral triangle.

Each of the four possible triangles indicates an energy bond between three meridians which run in the same direction in the same part of the body:

- * 3 yang meridians from finger to face,
- * 3 yang meridians from face to feet,
- * 3 yin meridians from feet to torso and
- * 3 yin meridians from torso to fingers.

Square

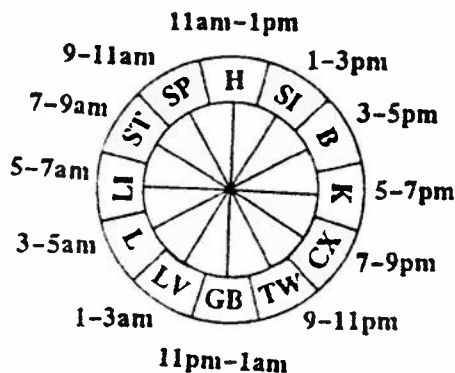


The pattern consists of one or two OVER and two or three UNDER energy meridians which, when connected with lines, form the corners of a square.

Each of the three possible squares indicates an energy relationship between four meridians which connect the four extremities, following one complete cycle around the whole body through:

- * a yang meridians from finger to face,
- * a yang meridians from face to feet,
- * a yin meridians from feet to torso and
- * a yin meridians from torso to fingers.

Midday-Midnight Law



The straight lines connecting two meridians directly opposite each other relate to one of the world's natural laws of time. While it is noon here it must be midnight in another part of the world, and vice versa.

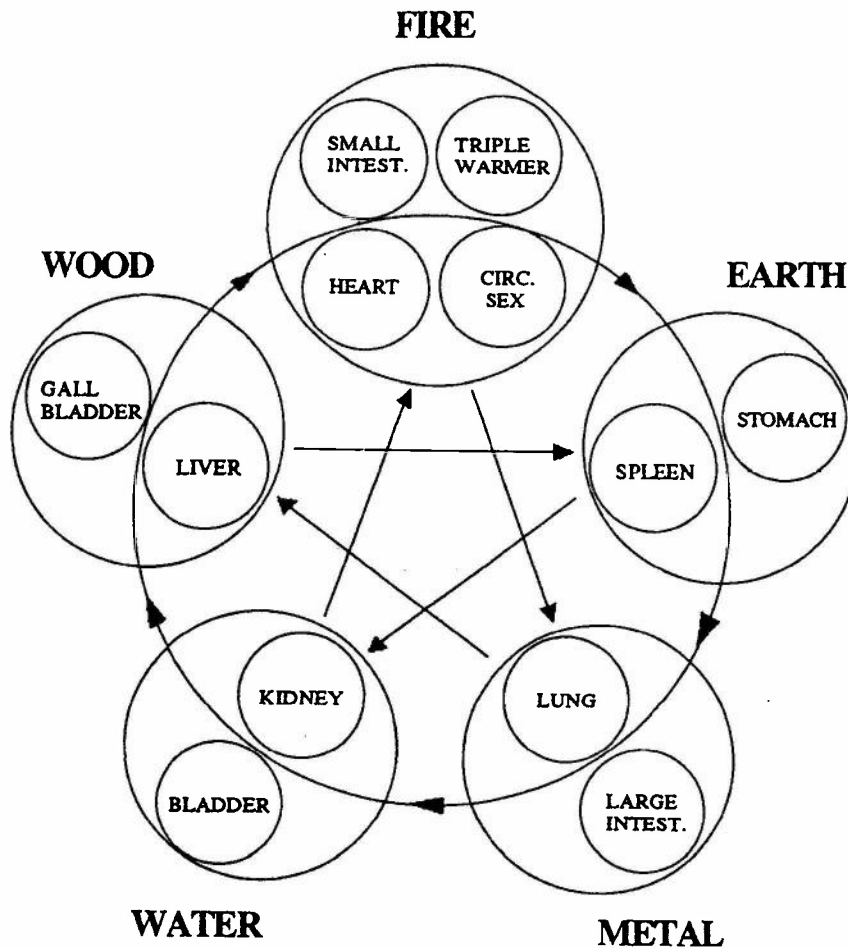
The same law applies to the energy absorption of meridians. While one meridian absorbs the most energy, the one directly opposite in time absorbs the least.

TO FIND THE PRIORITY MUSCLE/MERIDIAN ON THE FIVE ELEMENTS

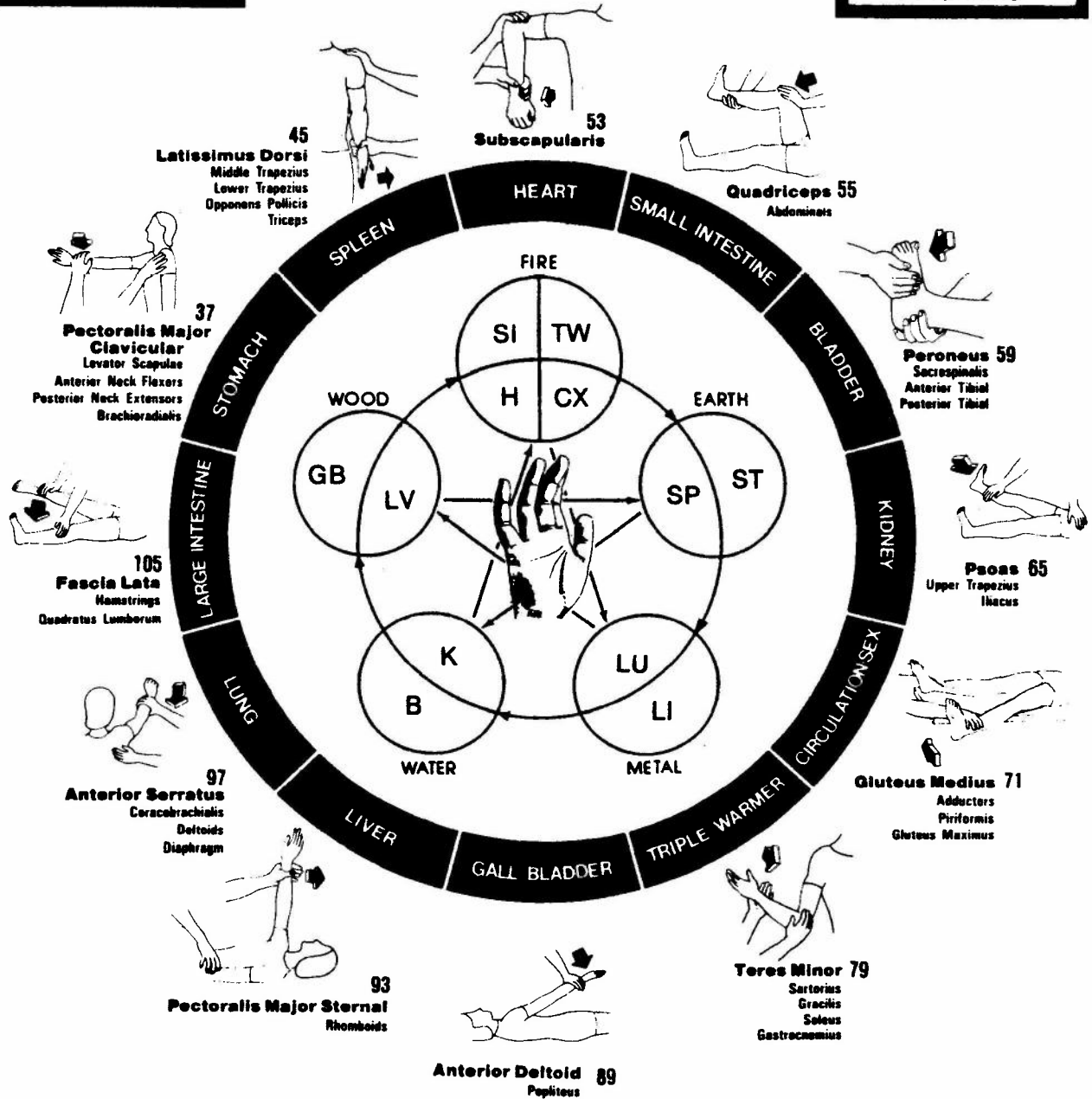
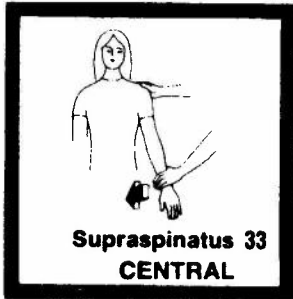
1. Look at the yin under energy meridians. If no yin meridians are under energy then look at the yang under energy meridians.
2. Find the under energy meridian closest to an over energy meridian following the flow.

Energy flows in three directions in the Five Elements:

1. From husband to wife or wife to husband (from yang to yin or yin to yang within an element).
2. The Sheng (creation) Cycle - from yin to yin or yang to yang clockwise in a circle on the five element chart.
3. The Ko (control) Cycle - from yin to yin or yang to yang clockwise in a five pointed star on the five element chart.



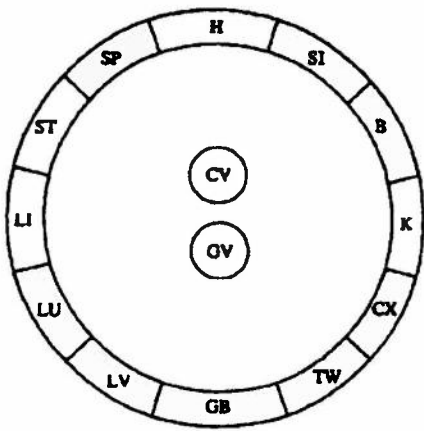
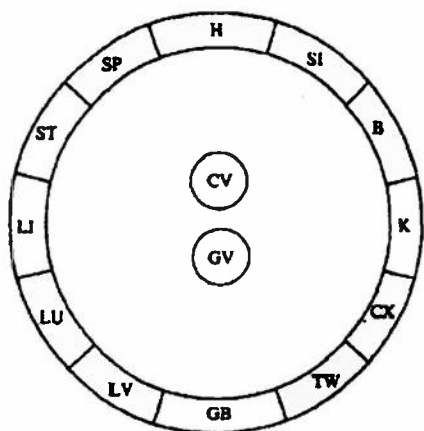
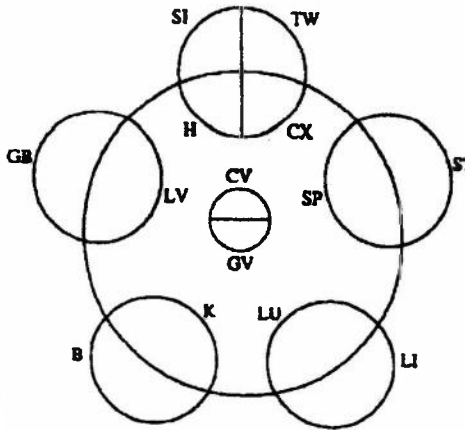
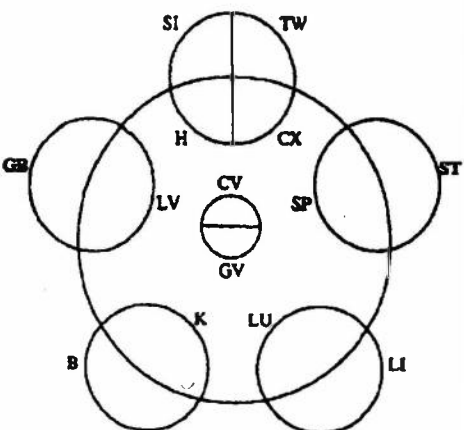
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Mark: - for under energy (weak) + for over energy (alarm point weak) ± for weak due to over energy
R for weak on right L for weak on left B for weak on both

<p>Date: _____</p> <p>Goal: _____</p> <p>_____</p> <p>_____</p> <p>Emotion: _____</p>	<p>Date: _____</p> <p>Goal: _____</p> <p>_____</p> <p>_____</p> <p>Emotion: _____</p>
 <p>A circular diagram representing the 12 meridians. The outer ring is divided into 12 segments labeled: H (top), SP, SI, B, K, CX, TW, GB, LV, LU, LI, ST (left). In the center are two smaller circles, CV (top) and GV (bottom).</p>	 <p>A circular diagram representing the 12 meridians, identical in structure to the one on the left.</p>
 <p>A Venn diagram with 12 overlapping circles arranged in a circle. The top circle is labeled SI, TW, H, CX. The right circle is labeled ST. The bottom circle is labeled B, K, LU, LI. The left circle is labeled GB. In the center are two smaller circles, CV (top) and GV (bottom).</p>	 <p>A Venn diagram with 12 overlapping circles arranged in a circle, identical in structure to the one on the left.</p>