



## Western Herbs for Eastern Meridians and Five Element Theory

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### **Abstract:**

With Energy Kinesiology we use many tools to balance the meridians and charkas and auric field of the body. Using plant energies is not new in this work however using the herbs to balance the body on all dimensions, physically, emotionally and spiritually is revolutionary.

Plants are in co-creation with humans and they have healing qualities that support the human body on all three dimensions.

Traditionally using herbs to heal the body follows the allopathic model of healing. The signs and symptoms of disease determine which herb is needed in the body. Using the energy model of healing with the herbs offer the potential to balance the body through the meridians and charkas, which embrace body, mind and soul balance.

We live in times where we have surrendered our innate universal understanding of health to those that have studied the healing world through textbooks. Our health care providers need to be complimented with people re-empowering themselves with the wisdom of what nature has provided for our wellness.

Nature is our provider and the farther we remove ourselves from it the farther we get away from health and vitality. Typically we only look at one third of our being which is the physical aspect when addressing and diagnosing the signs and symptoms of imbalance in the body. Considering that two thirds of the body is being ignored correlates with the success rate of cure. There is a much greater potential for optimum health if our three-dimensional body were to be supported.

Choosing to use herbs from the Eastern model of healing offers a different perspective. Working inside of the holistic model taps into the full potential of herbal healing.

**Four basic ways in which the Eastern approach and Western approach to health differ.**

**1. Circulatory Networks**

- A. West- two circulatory networks
  - i. Nerves
  - ii. Blood
- B. East- three circulatory networks-
  - i. Nerves
  - ii. Blood
  - iii. Meridians**

**2. Dimensional Body**

- A. West – one – dimensional body
  - i. Physical- ignoring 2/3 of our body
- B. East – three–dimensional body
  - i. Physical
  - ii. **Emotional**
  - iii. **Spiritual**

**3. Source of Illness**

- A. West-
  - i. Illness comes from germs
- B. East-
  - i. Illness comes from the environment
    - a. external environment
    - b. internal environment
      - a. External Environment
        - 1) Fire- heat
        - 2) Earth- damp
        - 3) Metal- dry
        - 4) Water- cold
        - 5) Wood- wind
      - b. Internal environment of the five elements
        - 1) Fire- joy
        - 2) Earth- worry
        - 3) Metal-grief
        - 4) Water- fear
        - 5) Wood- anger

**4. Immune System**

- A. West – one immune system
  - i. The glandular system
- B. East – two immune systems
  - i. The glandular system
  - ii. The energy field

In summary, the difference in each of the health approaches between the eastern philosophy and the western philosophy is the energy field. The eastern approach to health supports the meridians, chakras and auric field. Recognizing that we are in co-creation with the herbs allows the energy exchange. We already have a co-creative exchange with our breathing exchanging carbon dioxide for oxygen, why not the healing. Resonating with the plants in a three dimensional perspective offers us three- dimensional wellness.

How the Herbs support the health of the three dimensional body:

1. Consume the herbal remedies - physical body
2. Explore the emotion related to the herb-emotional body
3. Listen to the healing message from the herb-spiritual connection.

### **THE MESSAGE:**

**The true desire of the herbs and plants is to heal the planet; all we have to do is listen!**

### **PHYSICAL**

The herbs support the biochemistry of the body and help us to restore meridian balance and alleviate the signs and symptoms of distress. By offering the body an herbal tea, tincture or capsule, we are making a biochemical change in the body. In holistic theory we like to think of this as feeding the organ the nutrition it needs to stay healthy. There are two approaches to herbology in my mind. One follows the

allopathic approach to health; which is if you are suffering from certain symptoms then you need to have particular herbs and a choice is made as to which herb would best suite your set of disease symptoms.

The second approach to herbs is following the energy model or holistic approach to health. If the body is showing symptoms of disease then there is an imbalance in the energy field. Determination needs to be made as to which meridian or meridians are not functioning optimally. The chosen herbs will feed the meridian and the meridian will deliver the life energy to the related organ and the body can then begin to heal itself.

### **EMOTIONAL**

The herbs support the emotional component of the body as each herb is designated an emotion. Emotions are supposed to move through your mind and body to give you awareness and to motivate action. It is only when an emotion takes hold and we hang on to it, that it will negatively affecting our health. Exploring the emotion related to the herb, gives us an opportunity to reflect how we feel and determine if we are willing to get the message and let go of the emotion. We can ask ourselves how appropriate this emotion is in relation to what we are going through at this time causing the signs and symptoms of disease.

### **SPIRITUAL**

The herbs support the spiritual component of the body by allowing us to hear the message from the plant energies. The plant kingdom is an integral part of this planet along side of us, and the plant energies are truly here to help us heal. The message of the plant

gives us the insight of the attitude we have been carrying which charge the emotion that create the sickness and disease in our body. When we are taking the herb it is wise to listen to the message of the plant, connecting us with all of nature. This simple act helps to raise our vibration so that we can begin to receive power and energy from other vibrational sources such as light color and sound.

### Herbal Support Protocol

#### **Herbal Meridian Balance**

##### **Pre Balance Set-Up**

1. Ask permission
2. Check for a clear circuit
3. Check for meridian integrity, hydration, switching
4. Set goal for the balance
5. Find emotion related to the goal
6. Pretests in relation to the goal
7. Pretest activity in relation to the goal

##### **Herbal Meridian Balance**

8. (optional) Engage meridian mode El 2c (thumbnail against inside second knuckle of the little finger) and test indicator muscle.
9. Test 5 elements in a clockwise direction around the navel and central and governing in the center looking for an unlocked indicator muscle.
10. Start with Center, Fire, Earth, Metal, Water, Wood, Fire.
11. Stop at Element location causing an indicator change Touch with a

wee amount of pressure (Yin meridian) and light touch with no pressure (Yang meridian) looking for an unlocked indicator muscle. Put in partners circuit (unlocked indicator).

12. Find the herb that supports the meridian using the Meridian Herbal Chart.
13. Place the chosen herb on the parotid (on the side of the cheek) retest the **unlocked** indicator muscle. If the herb is a beneficial choice there will be a locked indicator muscle or a "yes" response. Put this in your circuit.  
If the indicator is locked the herb passes a basic body sensitivity test (biogenic). Go to step 14. If the indicator unlocks, the body is rejecting it, do not use. This herb is likely biostatic or biocidic for this particular body at this particular time. Go back to step 12 and find another herb.
14. Keeping the chosen herb on the parotid, test the **locked** indicator while touching the transverse process of C1  
If the indicator is locked the herb passes another basic body sensitivity test (biogenic). Go to step 15. If the indicator unlocks, the body is rejecting it, do not use. This herb is likely biostatic or biocidic for this particular body at

this particular time. Go back to step 12 and find another herb

continue the process until there are no longer any “no” or stress responses.

15. Keeping the chosen herb on the parotid, test the **locked** indicator while touching the tip of the ear. If the indicator is locked the herb passes another basic body sensitivity test (biogenic). Go to step 16. If the indicator unlocks, the body is rejecting it, do not use. This herb is likely biostatic or biocidal for this particular body at this particular time. Go back to step 12 and find another herb

16. Read the blocked emotion and ask the partner to reflect on this emotion and notice if there is any relevance of this emotion to the imbalance found in the body. Could the body have blocked this emotion?

17. Then read or have the partner read the “attitude” message of the plant to our soul self. Take time to explore the herbal advice and look for an opportunity to shift your attitude to resonate with the herbal attitude.

18. Reassess the stressed location around the navel. Retest all the around the navel following the Five-Element pattern and

### *Post Balance Evaluation*

19. Restate goal for the balance
20. Restate emotion related to the goal
21. Recheck pretests in relation to the goal
22. Recheck pretest activity in relation to the goal

The Herbal Manual “Western Herbs for Eastern Meridians and Five Element Theory” and accompanying chart and workbook have been endorsed by the ICPKP (International College of Professional Kinesiology Practice).

The Herbs/Kinesiology workshop is open to all Kinesiology practitioners and instructors wishing to train and then perhaps train others in their area.

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# Meridian Herbal Chart

