

Thyroid Gland

To test the Thyroid

- 1) Energy localize & use spleen test. If weak...
- 2) Stretch area around thyroid & test again. If still weak, imbalance is more severe.

Corrections

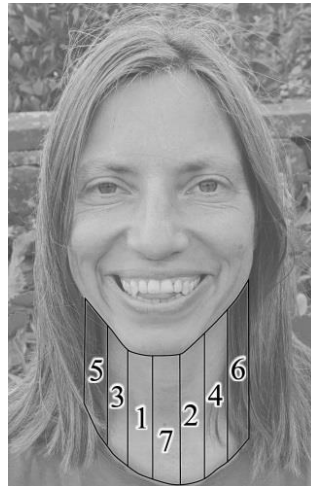
1. Stretch neck from top to bottom on all seven throat chakra chambers.
2. Hold **Stomach** meridian sedating points.
3. Hold **Spleen** meridian strengthening points.
4. Hold **TW** neurovasculars at base of throat, and temples.
5. Massage **Stomach and Spleen** neurolymphatics
6. Flush **Spleen** meridian.

Triple Warmer and the hypothalamus both govern the adrenals and the thyroid so strengthening one, strengthens the others.

Indicators of imbalance in the thyroid:

Hypothyroidism: Fatigue, depression, weight gain, forgetfulness, dry hair and skin, constipation, high cholesterol, heart problems, anaemia, heat intolerance, muscle weakness.

Hyperthyroidism: weight loss, insomnia, irritability, heart problems including palpitations, rapid heart rate and high blood pressure.



Chakras - Pulling from deeper layers

To test

Start above the body. Tap twice. Test. Return to chakra, rest fingers on body or slightly above, and allow them to sink to the next layer. Tap twice, and test. Repeat for all seven layers.

Preliminaries


QEB

Procedure

Start about 2.5ft above the body. Circle counterclockwise.

Slowly spiral downwards. When you meet resistance, circle there until resistance meets away. Continue until a few inches from the body.



When ready, slowly spiral up whilst continuing to make counterclockwise circles. Again, if resistance is felt, continue there until it melts away. When you reach the edge, rotate a few times then shake it  off. Repeat as required.

Repeat process with clockwise circles.

Anchor with figures of eight then retest.

Using Colours

Ask the client whether a colour attracts them. (Colour gels, glass crystals, or scarves). Lay it on chakra that tested weak and test. If it makes the chakra stronger you can shine a torch through it onto the chakra. If too strong, raise it.



