

## **A Brief Over-view of the Meridian System and Some Suggested Essential Oils for Each Meridian**

In Chinese medicine the subtle energy that moves throughout the body is considered of prime importance. Blockages in this flow are believed to occur long before the physical problem that will be the result if the blockage is not dealt with and removed. Meridians (sometimes called channels, vessels, or elements) is the term chosen to describe the overall distribution system of this energy. It must be understood, however, that energy can - and frequently does - move between these meridians and back and forth among the chakras also.

Each of these meridians (with the exception of 0 which is considered to be both Mind and Air) is associated with a season and with the emotional patterns appropriate to that season. These emotional characteristics have been drawn from the observation of nature in the earth and human nature over the centuries.

Most of us seem to live quite strongly within one rhythm, or season, while being greatly influenced by the seasons preceding and following it in the Chinese Creative Cycle. Our own basic rhythm is made up of the strengths and weakness within our primary rhythm, mixed with a unique combination of the abundance or depletion of the qualities of the others. This is a fascinating, but complicated, topic and too lengthy for in-depth consideration here.

Although we seem to live our lives in our particular rhythm or blend of rhythms, we also move through all five of the seasons many times during the cycles that make up a lifetime. Both your core rhythm and the season through which you are passing at the moment profoundly influence the way you respond to your world and the people in it.

Understanding your rhythms can help you to understand your vulnerabilities and your responses to people and situations. A study of the emotional patterns of the meridians can help us identify our faults and our strengths, understand the amazing things we are capable of accomplishing, and point out to us the things in our core personalities that we should be on our guard against. Behaviors that exhibit the out-of-balance patterns of these seasons are usually not serving us well or making us happy and should be identified and abandoned.

Understanding our children and the people around us can also be helpful also, but only if we can do contemplate them with love and compassion, while managing to mind our own business and not use our new-found understanding in any manipulative or controlling manner.

Professional aromatherapists use personality classifications to help determine which oils from the wide range available will be most beneficial to a person. Of course, it is not ever just one personality type that fits us at any point in our lives, but several layered one on top of another. Sometimes a particular characteristic only becomes apparent in certain stressful situations and when dealing with or associating with certain people.

As shown in the previous chapter, the properties of essential oils are very much a part of the plant family they come from, the part of the plant they are extracted from, and the season in which it is harvested. Each oil, and combination of oils, has very strong characteristics and affinities for certain personality imbalances as well as physical problems.

Each meridian (rhythm or personality type) is prone to certain types of imbalances, and can be brought back into balance most quickly in certain ways and with the use of the essential oils which have an affinity for or a balancing effect on those problems. The next few pages will give you a brief overview of each meridian and suggest essential oils that are useful in balancing and strengthening them.

When you achieve a deep harmony between a particular person and a particular essential oil physical, mental and emotional problems can clear up very quickly. Choosing oils based only on personality type, without any regard for physical ailments, often brings about very dramatic results, illustrating that certain types of personalities are prone to certain types of physical illnesses. This phenomenon is often seen - and used successfully - in homeopathic treatment programs.

It is interesting to ponder on and consider what it is that we inherit from our ancestors. Is it just the shape of our nose or the color of our hair or do we also inherit a tendency to certain personality traits and a vulnerability to certain types of illnesses? Will an oil that has been successful for you also be successful for your children? Is your husband partial to particular oils that you are not fond of and are some of your children fond of your favorites and some fond of his favorites? Is there a correlation between the oils that work for your spouse and children and their various personality types?

The goal of this type of study is to help us achieve as many of the abundant characteristics of all the groups as we possibly can. For example, one person might eventually have the enthusiasm of a floral, the good nature of the fruit group, the practical caring skills of the herbal world, the vision that is common to the leaf group, the wisdom and maturity of the resinous oils, the peace making qualities of the roots, the joy and vitality of the spices and the courage of the woods. They would be a pretty wonderful and well-balanced person, wouldn't they. This life, and the perfection we are seeking, is a journey of a thousand miles that begins with the baby steps we are taking today as we meet our challenges in the best ways that we can.

## 0 - Air/Mind

### Governing Vessel

*Moving forward on life's path with faith and confidence/  
Embarrassment, reluctance to move forward at all*

Controls the peripheral nervous system, which has two main divisions: the *somatic* nervous system and the *autonomic* nervous system.

The *somatic* nervous system has two separate functions. The first is to collect information from the outside world using the sensory organs and the second is to transmit this information to the central nervous system and on to the skeletal muscles. The second is the *autonomic* nervous system, which is concerned with those functions over which we *do not consider ourselves* as having *conscious* control such as the heartbeat, the function of the kidneys, the flow of hormones, etc.

Emotionally, the peripheral nervous system represents our perception of the world around us, our place in it, and our ability to stay firmly on the path that we believe is right for us. When we are out of balance or weak in this meridian we are vulnerable to self-doubt and becoming overly controlled by other people's opinions of what we should do and who we should be.

**Blends:** <sup>Le</sup>Believe, <sup>Le</sup>Focus, <sup>Le</sup>Letting go, <sup>Le</sup>Millenia, <sup>Le</sup>Vitality

**Singles:** frankincense, mandarin, vanilla, coriander, pine, spruce

### Central Vessel

*Firmness; balance between logic and emotion; considerate of, without  
being unduly influenced by, other people's energies or opinions/  
Shame, shyness*

Controls the central nervous system whose core processing units are the brain and the spinal cord. This meridian is closely attuned to both your left-brained analytical side and the more right-brained creative side. When weakened in this meridian you are at the mercy of your own widely fluctuating emotions and are more vulnerable to the energies (particularly the negative ones) of others. Your ability to analyze and act appropriately on facts becomes erratic or inhibited.

**Blends:** <sup>Le</sup>Believe, <sup>Le</sup>Acknowledge, <sup>Le</sup>Benediction, <sup>Le</sup>Meditation, <sup>Le</sup>Millenia,  
<sup>Le</sup>Sanctuary

**Singles:** cedarwood, cypress, rose, rosewood, angelica, fennel

## **Governing Vessel**

**Moving forward on life's path with faith and confidence/  
Embarrassment, reluctance to move forward**

## **Central Vessel**

**Firmness; consideration; balance between logic and  
emotions;  
Shame/Shyness**

### ***Blends***

- <sup>Le</sup>Millenia the easiest way to balance all meridians at once; always brings feeling of courage, self-confidence; helps us move forward with calmness and purpose; use in combination with the most appropriate blend or single listed below for these meridians
- <sup>Le</sup>Letting Go letting go of desire to please others instead of walking our own way; letting go of past mistakes while still learning from them
- <sup>Le</sup>Focus helps us see more clearly the negative thought patterns and self-defeating behaviours that unduly influence our decision; helps to clear the clouds of confusion in our minds because of the many different voices and choices that we have every day
- <sup>Le</sup>Believe confidence that we are just as smart, just as lucky, and just as blessed by Heaven as anyone else; confidence that we will be in the right place, at the right time, and able to do the right thing
- <sup>Le</sup>Vitality increases stamina and nervous system function; strengthens our belief in ourselves; decreases self-doubt and moderates the influence of other people's opinions
- <sup>Le</sup>Acknowledge enthusiasm for new things and new ideas; an expectation that things will work out well for us, bringing us joy and abundance; a dose of reality with a focus on the positive
- <sup>Le</sup>Benediction protection from other people's negativity and opinions
- <sup>Le</sup>Meditation targets decision making ability, including communication with Heaven; this is a good oil for use when pondering spiritual things or thinking about the direction of one's life
- <sup>Le</sup>Sanctuary self-awareness and spiritual judgement

### ***Singles***

- frankincense communication with the Creator; improved attitude and judgement
- mandarin moderates irritability; helps us make decisions based on rationality instead of irritation
- vanilla helps to ease anger and frustration; helps us to feel warm and welcome in our world
- cedarwood enhance spiritual communication while remaining firmly in the present and concerned about things in our physical and material world
- cypress considered in many cultures to be symbolic of life after death; centering and an aid in helping us decide, and live by, the things of eternity
- rose highest frequency oil; best choice for emotional crisis or extreme debility and fatigue
- rosewood feelings of peace and gentleness; helps us find a balance between giving and receiving
- angelica aid the liver in discharging anger and toxins so that decisions can be rationally made
- coriander for emotional/mood swings during convalescence from an illness or following and particularly traumatic time
- fennel fennel supports the liver and balances hormones, making it useful for emotional stability
- pine/spruce conifers are noted for their ability to maintain their needles in times of cold; there is a definite corollary between this stability and their ability to aid us in remaining constant even when under a great deal of stress or when life is being a trifle hostile or difficult

## 1 - Wood/Season of Spring & Wind (The Pioneer)

**Gallbladder**  
**Liver**

**Love, Adoration/Rage**  
**Happy, Cheerful/Anger, Annoyance**

If Spring is your primary rhythm, your disposition is to push forth with your roots firm and your territory clearly marked. The sound of your voice is often choppy, almost a shout. This element embodies the power, energy, confidence and enthusiasm of new growth. A wood phase involves the transformation of energy into matter and ideas into genuine productivity and accomplishment. Wind is considered an element of change, bringing in new ideas and totally rearranging old patterns.

A balanced *Liver* meridian allows our lives to flow more smoothly as we are able to ‘take things in our stride’. Through its management of the blood, the liver nourishes our muscles and tissues, regulates menstruation and strengthens our heart and mind. Of course, the liver absorbs what cannot be digested, physically, emotionally and spiritually.

The *Gallbladder* is the only yang organ that stores. When the gallbladder is compromised, fats can accumulate in the bloodstream or tissues. The gallbladder also controls that part of the energy system that makes choices.

Some characteristics: takes a strong stand; seeks challenge and pushes to the limits; enjoys and does well under pressure; loves action, movement and adventure; likes to be first, best and only; bold and decisive; follows own hunches; has a clear vision that inspires others; sure of themselves and shine in a crisis; organized with sound goals, good judgement and wise decisions.

*The ‘terrible twos’ are the first cycle of spring’s rhythm*

### Symptoms of Imbalance:

Self-confidence sometimes becomes arrogance; assertiveness can become inflexible, self-indulgent and opinionated; they judge others who do not agree with them; self-righteous and vocally frustrated by the actions of others; can lose their vision and become discouraged; become angry when under stress; indecisive

Physical complaints: Stiff neck, frequently caused or aggravated by wind and weather; stressed liver creates headaches; vascular headaches and migraines, high blood pressure; nerve inflammations

### Balance Is Restored By:

Expressing themselves creatively; yoga and other forms of flexibility and stretching exercises; learning to back down from arguments and retreat from or use judgement in adventures

Age usually mellows the characteristics of Spring into wisdom, healthy determination and they acquire the ability to work better with others.

### **GallBladder**

Blends: <sup>Le</sup>Believe, <sup>Le</sup>Connection, <sup>Le</sup>Millenia, <sup>Le</sup>Purify, <sup>Le</sup>Whispering Hope

Singles: helichrysum, mandarin, orange-b, bergamot, fennel, lavender, lemon, sandalwood

### **Liver**

Blends: <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Angel, <sup>Le</sup>Letting Go, <sup>Le</sup>Millenia,

Singles: lemon, petitgrain, balsam, vanilla, nutmeg, spruce, rosemary

**Gallbladder**    **Love, Adoration/Rage**  
**Liver**            **Happy, Cheerful/Anger, Annoyance**

***Blends***

- LeMillenia      the easiest way to balance all meridians at once; always brings feeling of courage, self-confidence and a desire to move forward with both calmness and purpose;
- LeBelieve      release negativity at the cellular level; promote feelings of self-worth and contentment; confidence in ability to do the right things and be in the right places in the future
- LeConnection    sage has an affinity for the pelvic area chakras and organs while Spruce has to do with the solar plexus and receiving divine inspiration. This blend connects those two areas giving us a great inner strength
- LeWhispering    a synergistic blend that encompasses several plant cycles and plant families; frustration at other people’s choices and the impossibility of stepping in and ‘doing it for them - can only sit and wait
- LeTranquility    fuller understanding of all parts of a situation; inner strength and decisiveness
- LeUnity          contains several of the single oils specific to these meridians; balances all of the Chakras; promotes unity within ourselves and with those around us
- LeAngel          release both the anger and the toxic build-up that is stored in the liver, especially connected to traumatic or negative childhood experiences and abuse;
- LeLetting Go     letting go of anger and frustration and the rebelliousness that sometimes accompanies these feelings; aids gall-bladder and liver in letting go of past resentments and anger

***Singles***

- helichrysum    calm acceptance of change; emotional blockages from some type of abuse; self-confidence to make choices; relief from emotional and mental fatigue; physically healing to tissues
- mandarin        for those who are dwelling in the past; calming to those who are easily over-stimulated or excited; aids in relationships with children and the very elderly; anxiety; depression
- orange,         very little information available but is being used recently (since MaHuang ran afoul of the bitter         FDA) as an ingredient in weight loss formulas and as a gall-bladder stimulant
- bergamot        promotes ‘young at heart’ qualities; help build confidence and ability to concentrate; helps the inner despair and depression that is often covered by outward cheerfulness
- fennel            inner courage and confidence to stand by decisions already made; break down walls that have been built around emotions; stabilized hormones and the absorption of nutrients that are sometimes the cause of deep depressions and sudden mood swings
- lavender         called the ‘grandmother’ of essential oils because of it’s ability to care and nurture us through a variety of physical and psychological imbalances; balance between masculine and feminine traits; calming; protection from outside energies and influences
- lemon            handling life’s problems calmly, with a bit of joy and a lot of energy; create an attitude of ‘I can do it’; lemon can be both sweet and sour - both sensitive to others and critical of them; a good oil for ‘starters’ having difficulty completing projects
- sandalwood     desire to ponder and then act on solutions to problems; curb manipulative or controlling tendencies; create an attitude of forgiveness
- petitgrain      orange family; helps overcome pessimism and insomnia due to anger (often with feelings of betrayal); stabilize from mental fatigue, confusion and irrationality
- rosemary        use for loss of memory, learning difficulties, indecisiveness, mental fatigue
- vanilla          soothing to the spirit; promotes feelings of confidence and ability to listen to the spirit

## 2 - Water/Season of Winter      The Philosopher

**Kidney**      **Trust in self and future, Faith/Fear, Trembling**  
**Bladder**      **Authoritative, Sure, In Tune/Timid, Lack of back-bone or self-will**

In winter, life appears to have ceased; in reality it is growing and changing decisively though out of sight and underground. The season of Winter is about beginnings; childlike enthusiasm coupled with deep reflectiveness; energies tend to be directed inward; tend to 'go with the flow' and seek the path of least resistance; adapt rather than try to change a situation; when surrounded by a feeling of safety, they utterly trust and are playful and spontaneous (like a small child); articulate, self-sufficient; seeks knowledge and understanding; wants to uncover the truth; courageous; good at envisioning a project and getting it under way; need to retreat into themselves and regenerate (much like a hibernating bear) at the completion of a project; concerned with the meaning of life and the direction it should take; understanding that each person has spiritual strengths;

### Symptoms of Imbalance:

The negative side of water is fear! Fear is what water people feel when they have extended themselves beyond their area of comfort and enter water's limitless realm. The fear of the water meridian is usually found in situations that they feel they have no control over.

The energies of Winter people may be limited (since this season has little light and light is energy). They are usually more vulnerable to illness and fatigue than the other seasons. Their energy is easily depleted and they fall easily into the stress patterns of their rhythm. On the other hand, quiet introspection usually brings them back around just as quickly; good beginnings may not be followed through with; water people sometimes think they need special care and attention (surviving in winter seems difficult to them); often then are unable to recognize how they affect other people, focusing only on what others are doing to them; must be showered with love in order to be convinced that they are loved; can be cold, isolated, paranoid; water meridian people tend to adapt to other people's ideas and will - they are only truly themselves when alone; tends to become isolated and lonely; under stress their natural courage becomes fear, particularly fear of moving forward or making a commitment; paralyzed by dangers both real and imagined; tactless, unforgiving and suspicious;

Physical complaints: hardening of the arteries; heart problems; bladder infections; hearing problems; black circles under eyes; deterioration of teeth and gums; back ache; chilliness; loss of libido.

In maturity a winter person's tendency to be fearful tempers into a wise and discerning caution coupled with great faith in life, God, and other people.

### Balance Restored By:

Water (Winter) people's energies can be seriously depleted by the excess energies of Fire and Earth people; however, these energies are quickly restored by time spent alone. Time alone to study, think and reflect is essential to Water people.

#### **Bladder**

Blends:      <sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Magi, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary  
Singles:      lavender, palmarosa, rosewood, yarrow, sandalwood

#### **Kidney**

Blends:      <sup>Le</sup>Believe, <sup>Le</sup>Faith, <sup>Le</sup>Millenia, <sup>Le</sup>Solitude, <sup>Le</sup>Ez-Traveler  
Singles:      juniper, bergamot, coriander, lemon, neroli

**Kidney**      **Fear, Trembling/Faith, Trust in self and the future**  
**Bladder**      **Authoritative, in-tune/Timid, lack of backbone or self-will**

***Blends***

- <sup>Le</sup>Believe      replace the overwhelming and pervasive fear of everything with confidence that we have the ability to do what is needed and be where we need to be at the appropriate time
- <sup>Le</sup>Benediction      protects against the ‘energy drains’ to which winter meridian people are so susceptible  
<sup>Le</sup>Magi      particularly helpful for fear of being alone or being left alone; helps to clarify intuition and the ability to receive divine inspiration; offsets the despair of this meridian
- <sup>Le</sup>Millenia      fear and courage are opposing states - the water meridian is about fears and lack of courage and faith. Millenia is the #1 oil for moving forward with confidence, courage and faith.
- <sup>Le</sup>Sanctuary      feelings of protection and safety; trust in one’s intuition, wisdom and good-judgement  
<sup>Le</sup>Faith      feelings of peace and hopefulness instead of fear and trembling; issues to do with abandonment; confidence instead or worry
- <sup>Le</sup>Solitude      this meridian needs peace and quiet to regenerate and rebuild. This blend is like a little dose of solitude when there simply isn’t time for any of the real thing.
- <sup>Le</sup>Ez-Traveler      calms the nervous stomach that so often accompanies a state of fearfulness; adds a bit of humor and gladness just to be alive

***Singles***

- lavender      faith and confidence even in times of hardship or great unease and distress; calming  
palmarosa      feelings of security and recovery from nervous exhaustion; affinity for cardiovascular system, thyroid gland and the heart chakra
- yarrow      in Chinese folklore this herb - and, thus, it’s essential oil - are said to bring about the meeting of Heaven and Earth, allowing us to have both the vision of our head in the clouds and the stability of our feet firmly planted on earth
- sandalwood      inner calm even when knowing that there are difficult challenges ahead; developing communication and management skills
- juniper      developing a reverence for sacred things and the ability to be directed by inspiration and religious beliefs; delight in new experiences, rather than dread them; anti-dote for uneasiness and un-named fears
- bergamot      for those times when the weight of other people’s distress is bearing you down and the cheerful face you would like to present to the world is sagging badly
- coriander      self-doubt and fear of failure; lack of usual zest and passion for life; overly cautious and concerned about ability to make decisions
- lemon      the constant fearfulness of this meridian can lead to a great deal of resentment, even grudges, toward the people and situations that are ‘perceived’ as causing all the problems - lemon adds a zestful dose of reality here
- neroli      helps with cynicism and despair - the feeling that ‘nothing changes, nothing ever will’; for those who are becoming fearful, withdrawn and timid because the world out there feels like a really scary, **cold** place

### 3 - Metal/Season is Late Fall      The Alchemist

**Large Intestine**

**Confidence, self-worth/Guilt**

**Lung**

**Humility, tolerance/Pride, intolerance**

This rhythm seems to be stretched between heaven and earth. Called ‘the Alchemist’ because of ability to distill truth from life’s experiences; bring order from chaos; maintain personal standards; concentrate on the higher good, etc.; see clearly what needs to happen.

Characteristics: almost always high achievers; maintain standards of excellence and purity yet sympathetic to the world’s grief; express themselves clearly; neat, orderly, meticulous; logical, analytical and reflective, systematic; accepting of authority if the person is authority is more competent than they are; enjoys temperance and moderation; persistent; reluctant to express opinions but make excellent leaders; often exhibit great depths of kindness, honesty and integrity.

This is the cycle of coming death - the final death and all the little ‘deaths’ that change and moving on in life sometimes brings to each of us. Autumn is a season of grief but the grief should not be about regret but about release and letting go. Resolve is the gift that comes after grief and should bring to us the recognition that we have the choice to move forward, taking with us the many blessings that remain despite of, or even because of, our loss and the changes that have occurred in our lives.

*This energy happens we experience a death, a breakup with a friend, or other loss*

Symptoms of Imbalance:

Vulnerable to becoming overly serious or sinking into depression; can become dry and too restrained; appear, or even are, aloof; often try to cram more into each day than it can contain; look to the future while ignoring today; tend to depression from pressure to reach perfection; obsessively evaluating and re-evaluating until moving on becomes difficult; low self-esteem; self-righteousness; lack of forgiveness; struggle with patience when others fail to ‘live by the rules’; inability to adapt and change

Physical complaints: stiff joints and muscles; dry hair and skin; sensitive to climate and climate changes; poor circulation; acne; respiratory problems; cough

Maturity sometimes brings sadness for opportunities missed and for what has been and must be left behind. There is also, however, an understanding of the whole of life; a deep peace and acceptance of maturity and death. The soul of Metal is wisdom and understanding and the creation of teachers who pass their knowledge along to others.

Balance Restored By:

Metal is associated with dryness. Many of the imbalances of metal people can be corrected with water - taking a drink or going for a swim or a soak.

**Large Intestine**

Blends:      <sup>Le</sup>Millenia, <sup>Le</sup>Wisdom

Singles:      basil, cedarwood, cypress, sandalwood, elemi, myrrh

**Lung**

Blends:      <sup>Le</sup>Believe, <sup>Le</sup>Aspire, <sup>Le</sup>Millenia, <sup>Le</sup>Trust

Singles:      peppermint, eucalyptus, frankincense, lavender, pine, birch, cajeput

**Large Intestine Confidence, self-worth/Guilt**  
**Lung Humility, tolerance/Pride, intolerance**

***Blends***

- <sup>Le</sup>Millenia in this situation, this blend seems to be balancing the moisture and fluids in the body as well as finding an equilibrium between being organized, neat, orderly, meticulous, logical and analytical and being obsessively focused on perfection in themselves and in others; tolerance for other people's lack of neatness and orderliness
- <sup>Le</sup>Wisdom in this cycle of impending change and/or death, <sup>Le</sup>Wisdom helps us to maintain a firm presence in today and not become distraught over the pressures to be perfect or to be ready for tomorrow; helps one in overcoming resistance to change

***Singles***

- basil a good oil for burnout and exhaustion, helps to restore powers of concentration and feelings of joy; tempers a tendency to be too blunt or too insistent on the right to 'do it my way'
- cedarwood helps with tendencies to be dogmatic or self-righteous; move on from obsessively evaluating and re-evaluating everything to the point of doing nothing; helps to moderate obsessive tendencies
- cypress for those who have become unbending or fixed in their attitudes and ideas or have a tendency to pride or arrogance; loosening of the purse strings and opening themselves to spending on things that are not absolute necessities
- sandalwood help 'drier' personalities open to the pleasures and relaxations available in this life; acceptance of others; tempering of egocentricities
- frankincense relieve feelings of bitterness, skepticism and cynicism; promotes a return of drive, forcefulness and the will to live; relief of anxiety attacks brought on by stress; this meridian is about forceful, alive, remarkably gifted people and frankincense is about returning to normal stability and effectiveness when stress has forced them over the edge to an imbalanced state.
- lavender as always, promotes feelings of calm and a return of psychological harmony and balance, particularly a return to kindness and generosity from a place of judgement
- pine specific for moving on from regrets and self-judgement; relief from feeling that they are carrying the whole world on their shoulders every day; establishing a healthy respect for one's own needs and desires

## 4 - Earth/Late Summer    The Peacemaker

**Stomach**    **Contentment, appreciation for what is/Disappointment, greed, never enough**  
**Spleen**      **Happy anticipation of the future/Anxiety about the future, lack of faith and hope**

This is a season of transition between the extremes of summer and winter - and symbolizes the strength to stay stable while nurturing the changes that are happening around them or within them; justice and fairness are important; people who can be supportive, compassionate and sustaining when others are in period of transition; assimilate ideas easily and thoroughly; bring a fresh perspective to routine situations; give people a feeling of safety and equilibrium; able to hold steady through life's struggles and trials; puts needs of others before their own; agreeable and accommodating; involved in other people's lives; loyal; accessible to friends and relatives; tactful

Because earth holds within it all of the other elements, this meridian reflects the whole of the meridian cycles more than the other meridians do. Earth's wood facets control the shifts between Yin and Yang, or the masculine/feminine sides of our nature. Earth's fire elements create a balance which is not stillness but the management of opposing forces. Earth's wood attributes are about accumulating the nutrients and resources needed for later disbursement and is the medium for growth. This part of the Earth meridian is where money issues and imbalances occur. An interesting aspect of this meridian is the metal aspect in that when earth has nourished others (which it is constantly doing) these resources are then lost to earth. All things related to reproduction and birth, with the natural result of the child growing away and leaving the mother, are earth element functions.

*Any cycle of your life that is bringing change can fall into this category*

### Symptoms of Imbalance:

obsessive worry; lack of concentration; putting the needs of others too far ahead of own needs; over-protective or controlling; able to see other's mistakes and how to fix them but fail to see or grow from their own; will stay with a bad situation (marriage, dull job, etc) too long, co-dependence out of sympathy; accepts other people's assessments of themselves and their lives; relies too much on the skill and judgement of other people

Physical complaints: nausea, vomiting; canker sores; eating disorders, diabetes, menstrual pain

With maturity, exaggerated compassion ripens into a wise and balanced compassion along with a healthy sense of one's own worth.

### Balance Restored By:

Walking barefoot on the earth; lying on the earth; spending time alone or meditating; learning to value self and set boundaries for others.

#### **Stomach**

Blends:            <sup>Le</sup>Inside-Out, <sup>Le</sup>Vision, <sup>Le</sup>Bountiful, <sup>Le</sup>Millenia,

Singles:           fennel, ginger, patchouli, pine, dill, sage, hyssop, yarrow

#### **Spleen**

Blends:            <sup>Le</sup>Endo Relief, <sup>Le</sup>Revitalize, <sup>Le</sup>Millenia

Singles:           lemongrass, sweet orange, G & R chamomile, tangerine, clary sage, eucalyptus, geranium, lavender, marjoram, cedarwood, grapefruit

**Stomach**    **Contentment, appreciation for what is/  
Disappointment, greed - never enough**

**Spleen**     **Happy anticipation of the future/  
Anxiety about future, lack of faith and hope**

***Blends***

- <sup>Le</sup>Inside-Out    imbalance in these two meridians almost always brings about the types of obsessive worry that creates nausea, vomiting and eating disorders
- <sup>Le</sup>Vision        ability to see and grow from mistakes and mis-perceptions; move past over-reliance on other people’s opinions of them and their lives; learn to rely on own judgement and skill
- <sup>Le</sup>Bountiful     this meridian is where money issues have residence and this blend can help ease the feeling that there is never enough for everybody to have what they need that creates greed and lack of faith in the future
- <sup>Le</sup>Millenia      clarity of mind about what is and what is not necessary for happiness and contentment
- <sup>Le</sup>Endo Relief    the endocrine system is easily thrown out of balance and depleted of energy - use this blend for strengthening the various organs and re-establishing the boundaries between ourselves and others; allows us to be both tactful and firm about our boundaries
- <sup>Le</sup>Revitalize    this meridian is especially prone to depletion from serving and doing for others. This blend helps to replenish inner stores of strength; also increases mental alertness and alleviates mental fatigue

***Singles***

- fennel        believed to bestow strength and courage; establish a balance between appropriate service to others and service to the point of exhaustion and burnout; a stomach herb and oil
- ginger        another good stomach tonic herb but more appropriate to the usually fiery and dynamic soul who has lost all drive and has become confused, apathetic and directionless; for a particular type of profound sadness that is not depression but rather the opposite of warmth and connection with others
- patchouli    Usually well-grounded, strong personalities, the person in need of patchouli is unaccustomed to paying attention to his health and has ignored it to the point of collapse, mentally and physically from ‘burning the candle on both ends’ for too long
- pine          relief from trying to fix everyone’s problems day in and day out; help establish a healthy respect for one’s own needs and desires, including the need to rest and rejuvenate
- dill          affinity for the pancreas; helps control glucose and insulin levels and keep energy on a even plane - no spikes that are followed by lows; calming to the autonomic nervous system
- sage         deeply supportive of all pelvic organs and functions
- lemongrass    aids those who too often put other’s need before their own; depletion when all of our internal resources have been given away or squandered; deep compassion
- sweet orange    encourages escape from patterns of emotional and physical abuse; helps to re-establish optimism and a sense of humor when they have become lost
- German chamomile    the deep, emotionally strong Blue Chamomile personality, when out of balance, is prone to dark moods, periods of indifference and outburst directed at those nearest to them - use this oil, or a blend it contains, to subdue these tendencies
- clary sage    for those with a tendency, when tired, to be hypersensitive and find fault with others; also for those whose pattern has been to chose the wrong friends and companions

## 5 - 6 Fire/Season of Summer The Wizard

This season has four meridians associated with it, the first two of which are protective in nature

<b>Triple Warmer</b>	<b>Protection of the physical body</b> <b>Lightness, hope/Heaviness, depression</b>
<b>Pericardium</b>	<b>Protector of the heart and emotions</b> <b>Openness &amp; peaceful in relationship/withdrawal or anger at hurts</b>

The *Triple Warmer* is closely associated with the immune system and protects the entire body from external threats. It gauges everything from the temperature of the room to the safety of the building that we are entering or standing in. Triple Warmer also intuitively gauges the ‘vibe’ of a room, deciding whether it feels comfortable, safe, awkward or dangerous. Triple Warmer governs those ‘feelings’ or ‘inspirations’ that we get concerning external events such as what is happening with our children or to the economy or in politics.

This meridian is responsible for the distribution of water in the cells and tissues of the body. It energetically connects all the organs to each other and distributes energy among them. Some suggest that Triple Warmer has a correspondence to the connective tissue that wraps every organ, every vessel, and every muscle, tendon, and nerve in the body. This connective tissue has been shown to conduct bioelectricity.

Because the heart, of necessity, must be open and able to feel both joy and sorrow, the body has provided a strong defense for it. It is called by several different names in different cultures; here we will call it the *pericardium* because the physical pericardium is the sack that surrounds and protects the heart.

The heart protector, or pericardium, considers it’s job to be to protect the heart from unexpected hurt and violation. It evaluates every person, remark, or action for potential to harm the heart. An important part of this function is providing us with an evaluation about the trustworthiness of the people around us. The pericardium allows us to be open only with those who have demonstrated themselves to be responsible and gentle with us. Apology and forgiveness are Heart activities but it is the Heart Protector that signals us that we need to apologize or that it will be safe to accept another’s apology. The Heart Protector, or Pericardium, also keeps us from being overwhelmed by the thousands of signals that other people are sending out about themselves all the time.

When in balance these two meridian help us feel hope and a lightness of spirit and body. We can delight in physical and emotional intimacy and feel safe enough to be open and vulnerable with close loved ones.

Symptoms of Imbalance:

If there is too much energy in this meridian, there is often unrealistic expectations of others that are rarely met and when their joy and enthusiasm for a project fail to bring about the desired results they sink into hopelessness and despair. On the other hand, deficiency in this area can lead to withdrawal into anger and hurt, deceit and mistrust in relationships, depression and despair because people cannot be ‘trusted’ or because of a feeling that relationships always ‘go sour’.

### **Triple Warmer**

Blends: <sup>Le</sup>Believe, <sup>Le</sup>Millenia, <sup>Le</sup>Turmoil, <sup>Le</sup>Wisdom

Singles: eucalyptus, frankincense, lavender

### **Pericardium**

Blends: <sup>Le</sup>Angel, <sup>Le</sup>Bountiful, <sup>Le</sup>Dreams, <sup>Le</sup>Millenia,

Singles: black pepper, frankincense, ylang-ylang

**Triple Warmer**    **Protection of the physical body**  
                           **Lightness, hope/**  
                           **Heaviness, depression**

**Pericardium**     **Protector of the heart and emotions**  
                           **Openness & peaceful in relationship/**  
                           **Withdrawal or anger at hurts**

*Blends*

<sup>1c</sup>Believe        balances the need to protect that is characteristic of this meridian with trust in the future and forgiveness of the past

<sup>1c</sup>Millenia        maintains or re-establishes the integrity of the connective tissues that wrap, connect and protect every organ and emotion; courage to pick oneself up, make amends and move on when mistakes have been made

<sup>1c</sup>Turmoil        treatment for shock and trauma to body or soul; remedy for both the wounded warrior and the wounded healer; helps us view trials from the perspective of learning

<sup>1c</sup>Wisdom        recovery from the losses sustained in spite of Triple Warmer’s valiant efforts to protect us from every emotional or physical trauma

<sup>1c</sup>Angel           aids in the release of traumatic memories and the anger and helplessness felt when Triple Warmer was unable to protect us because we were simply too young and vulnerable to change the situation

<sup>1c</sup>Bountiful      immune stimulant; promotes feelings of abundance and protection; strengthens the energy fields that surround us, bringing abundance and joy into our lives

<sup>1c</sup>Dreams        an over-active heart protector (pericardium) meridian can lead to bad dreams and insomnia, especially in children or fear things they cannot see in the dark; use this oil to release pent-up emotions, resentments and fears from the sub-conscious

*Singles*

eucalyptus     while doing it’s job of watching out for things that might hurt the emotional heart, the heart protector sometimes stores resentments and remembrances of slights and insults. These need to be released calmly, without an explosion of temper or hostility

frankincense    return to a state of generosity, warm-heartedness and equanimity from one of bitterness and recrimination; recovery from anxiety attacks and stress related behavior patterns

black pepper    increase cellular oxygenation; help maintain stamina and energy; find empathy and compassion for others; more realistic expectations of others

ylang ylang     insecurity; dare-devil tendencies; temper tantrums thrown with the intent of getting their own way; sudden loss of interest in work, appearance or family members

**Small Intestine Joy/Sorrow**  
**Heart Love, forgiveness/Anger, judgement**

If summer is your primary rhythm you want to enjoy the present, to bask in its warmth. There is often laughter in your voice and you walk with an up and down movement, arms rising and falling. You are called 'The Wizard' because your dynamic personality is often a catalyst for miracles. Just as in cooking, fire alters the properties of anything to which it is applied - hopefully, improving them. Fire is the stage of peak power and maximum activity and productivity.

The *Small Intestine*, as an energetic meridian, separates truth from untruth. It sorts beliefs and precepts, discerning which to hold onto in our hearts and which to discard as unworthy or untrue.

When the heart and small intestine meridians are working properly, summer people are warm, empathetic, joyful and exuberant. They have a great deal of charisma, relish excitement, love drama and sentiment (chick-flicks.) They are animated and enthusiastic and are often organized, liking to categorize and consolidate things into piles. The most extroverted of the rhythms and also the most principle driven. They are often faithful throughout life to a particular belief system, holding every aspect of their lives to its standard and measure

Fire meridian energy is about the transformation of lives for the better. In this phase we are able to transform adolescence into maturity, pain into growth, envy into joy, grief into resolve, fear into love.

*Adolescence is the first major cycle of summer's rhythm*

Desire is one of the marks of a Fire phase and teenagers are absolutely driven by their desires: for independence, for someone who understands them, for peace and social justice, for love, for knowledge, and especially for freedom and for the understanding of all the mysteries of life.

Symptoms of Imbalance:

Fire is explosive; there is little room for error, they are already at maximum, right to the edge; 'play with fire' - do not recognize dangerous or negative situations. There is nothing subtle or hidden. Fire must 'burn something up'. Out of balance fire people can draw energy from those around them - to the detriment of those others; often burn themselves out because they over-committed and became exhausted.

Physical complaints: blood pressure problems; heart disease; insomnia; night sweats; Pollyanna optimism often followed by the despair of burnout.

Balance Restored By:

Exercise; expressing himself at great length to others; playing, having fun; being creative; learning to set priorities and limits

Maturity should bring compassion, patience with others, stability and the outstanding characteristic of deep love and involvement with their spouse and family. Balanced people with these meridian strengths are often able to look at all sides of a situation quickly and accurately. They have deep faith and communicate easily with the Spirit. They possess the absolute knowledge that God exists.

**Small Intestine Joy/Sorrow**

Blends: <sup>Le</sup>Believe, <sup>Le</sup>Inner Peace, <sup>Le</sup>Millenia, <sup>Le</sup>Unity  
Singles: Peppermint, Rosemary, Ginger

**Heart Love-Patience/Anger-Resentment**

Blends: <sup>Le</sup>Believe, <sup>Le</sup>Beloved <sup>Le</sup>Discernment, <sup>Le</sup>Heart Song, <sup>Le</sup>Millenia, <sup>Le</sup>Sego Lily <sup>Le</sup>Wisdom,  
Singles: thyme, frankincense, rosemary, myrtle, spruce

**Small Intestine      Joy/Sorrow**  
**Heart                      Love, forgiveness/Anger, judgement**

**Blends**

- <sup>Le</sup>Believe      the perfect blend for replacing negative feelings with love, forgiveness, peace and understanding; returns the heart to a state of joyous anticipation of the rest of life
- <sup>Le</sup>Inner Peace      promotes harmony between ourselves and others; helps us stay focused on the direction we would like our life to be going in; like <sup>Le</sup>Benediction, <sup>Le</sup>Inner Peace protects our minds and bodies from attacks upon and depletion of our energy resources
- <sup>Le</sup>Millenia      always a good choice for restoring joy, faith, courage and perspective to our lives and energy and well-being to our bodies
- <sup>Le</sup>Unity      affinity for and strengthening to every chakra; promotes emotional balance and spiritual growth
- <sup>Le</sup>Beloved      a beautiful oil for healing relationships - even our relationship to God; helps us to respond to others generously from our 'whole' heart
- <sup>Le</sup>Discernment      helps us discover the path that is most likely to bring us happiness and contentment; promotes faith in the future and helps us achieve our goals and dreams
- <sup>Le</sup>Heart Song      a very effective, high-frequency blend for reminding us that we are loved and cherished by many; a remedy for deep sorrow and depression; use with <sup>Le</sup>Unity to overcome blockages to loving and being loved in return
- <sup>Le</sup>Sego Lily      A simple, delightful smelling blend - good enough to wear as perfume anywhere - that promotes feelings of being loved and appreciated and inspires us to show love and appreciation for others
- <sup>Le</sup>Wisdom      the high floral notes of ylang ylang and neroli which help connect us to our spiritual center and divine source are blended with the grounding and protecting forces of spruce and then modulated by the optimism of sweet orange and the clarity, strength and direction of lemon - amazing for helping us move from anger and judgement to love and forgiveness

**Singles**

- thyme      not often used in emotional work,
- thyme      has a specific place for those needing a new way to look at an old situation; helpful when there is intellectual or physical exhaustion and a lack of direction
- rosemary      balanced rosemary people are vibrant, happy, sensitive, industrious people - use this oil to revive these qualities when they have become lost due to perceived hurts or injustices (rarely suffer from or become imbalanced because of overwork, because there is a great capacity to organize and move quickly from project to project)
- ginger      appropriate to the usually fiery and dynamic soul who has lost all drive and has become confused, apathetic and directionless; for a particular type of profound sadness that is not depression but rather the opposite of warmth and connection with others
- peppermint      specific to those who struggle between highs and lows, sadness and happiness until the ever-widening mood swings settle into lethargy, intolerance and frustration; before the apathy set in, people needing peppermint were almost fearless, loving bright colors, able to think quickly and always alert to the opportunities of life