

## Spleen Meridian Balancing

The Meridians panel is one of the most powerful in the Genius. Use the Meridians panel to balance many conditions, working at the root cause.

Spleen Meridian Basics:

- The Spleen Meridian and Stomach Meridian are paired
- They are part of the Earth Element energetically
- The spleen is about transportation and distribution
- Earth is the cycle of five seasons and is associated with Late Summer or harvest time.
- The spleen is an organ in the upper left part of the abdomen, to the left of the stomach. It is fist shaped and about 4 inches long Acts as a blood filter and is the largest lymphatic organ of the body. Old blood cells are recycled by the spleen.
- Official of Transportation and Distribution Everything that moves in the body does so by the grace of this official. Any organ, function or system will suffer if deprived of nourishment.
- Healthy spleen keeps the blood properly circulating in the vessels.
- It rules the muscles by transporting blood and energy to the flesh and limbs. Imbalanced Spleen, may be cold hands and feet. Energy is not sufficiently sent to extremities.
- Spleen/Pancreas is imbalanced, mind can become unable to focus, concentrate, remember, or study. Mind may race, . obsessional thinking, incessant worry, anxiety and depression and even pent up anger.

Run the Spleen Meridian to clear stagnation, stuck energy. It is very good in combination with an Autumn Detox Cleanse

### Important Points:

Spleen 8 - Earth Motivator - Are you exhausted? Stuck? Even spiritually, do you feel stagnant? Use Spleen 8 for new movement and motivation

Spleen 21 - Great Enveloping - Promotes flow and ensures that every organ and function receives a fair share of nourishment. It is known as a Master Junction point so that the body can be more balanced on all levels

Balance Spleen Meridian:

- To improve memory
- To have better recall and focus
- To have better digestion, including less bloating,
- To reduce the experience of being worried
- To feel nourished mentally and emotionally
- To reduce craving for carbohydrates

## **Spleen Meridian Balancing**

### **Spleen Balancing Process 1:**

Place the Spleen Meridian in the Quick Zap along with all the red and blue points. Include 528 Hz and 285 Hz along with Nogier B 584 Hz. Run for 15 minutes

### **Spleen Balancing Process 2:**

Place the Spleen Meridian in the Main Hold Tray along with the reds and blue points. Include the following: Today's Stress, Digestion, Organs, Glands, Flower Essences and Spinal Energy. Run the High items for 15 minutes