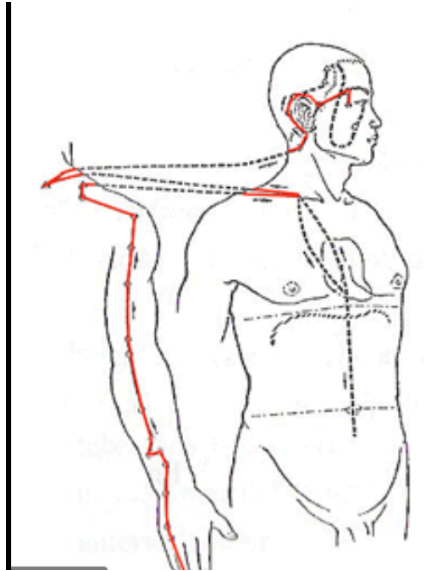


Triple Heater Meridian



The triple heater meridian is an energy system that controls our flight or flight response. The Triple heater is related the immune system and our ability to manage stress. This meridian is not connected to a specific organ in the body, but it actually helps to regulate all energy in the body. Recent research suggests that it may be connected to the interstitium or the connective tissue.

For the emotional connection, working on the TH meridian can help to calm anxiety, help to overcome shyness or feeling very vulnerable in life.

The name "triple" is because of its 4 parts:

Upper heater - Located above the diaphragm. It is related to the heart, pericardium, throat and lungs.

Middle heater - Extends from the diaphragm to the navel. Related to the energetics of the stomach, liver, spleen, liver and gallbladder.

Lower heater - Located below the diaphragm. It includes the kidneys, bladder, large and small intestines, uterus/testes.

Triple heater is paired with the yin pericardium meridian. The pericardium meridian is a protector of the heart. Pericardium is also connected to the back 4 molars, or wisdom teeth. Additionally, it is connected to the spin from the 9th thoracic vertebrae (T9) and ending with the coccyx.

Think of the meridian in relationship to these organs and glands:

Adrenals
Hypothalamus
Pineal gland
Pituitary
Thyroid

Think of working on the triple heater for:

Insomnia
Fatigue

Triple Heater Meridian

Depression
Cold hands and feet
Digestive issues
Autoimmune conditions
Headaches
Anxiety
Muscle pain/fatigue

Emotional and mental:

Reconnects us to ourselves when feeling cut off from others
Strengthens good energetic boundaries

Triple Warmer 1 - Rushing the Frontier Gate - Helps with strengthening boundaries
Triple Warmer 6 - Resolves stagnation and opens the intestines. Use for constipation in combination with Large Intestine 11 and Stomach 36.
Triple Warmer 7 - Assembly of Ancestors - Tap into the wisdom of ancestors. Also used for tinnitus and other issues of hearing.

Triple Heater Meridian Process:

Place the Triple Heater in the Quick Zap tray. Place all the red and blue meridians into the main hold tray. Include the Bach Flower Essences (reds and blues) as well as the Solfeggio (reds and blues). Use this process to calm anxiety.

Place the Triple Heater in the Main Hold Tray along with the reds and blues. For any anxiety or emotional issue, place emotions, Flower Essences. Today's Stress and Digestion in the Main Hold Tray. Bring to Progressive Insights and balance the top items.