

Welcome  
to

Wednesday, 30 April, 14



Mastering the 5 Steps  
to Balancing  
Eastern Meridians  
with Western Herbs

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The Ultimate Healers  
found in Nature...  
.....Herbs

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Have you ever wondered what  
messages *herbs* whisper?

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**WESTERN HERBS for EASTERN MERIDIANS**  
Author's Message - Evelyn Mulders

This workshop was created through my sheer passion for Touch for Health, my love of herbs and the queries of so many curious students on how to use local herbs to balance the meridians.

Eager to fully understand Meridian Theory, I initiated studies in Traditional Chinese Medicine. I wanted to use herbs to correct meridians and the only solution, at that time, were Chinese herbs.

Through this journey, I soon recognized that Western Herbs were far more effective than Chinese herbs in offering meridian integrity to "Westemers".

Western herbs were planted in five element wheels in the garden. The discoveries of the project were presented at an international research conference and the chart was endorsed by the ICPKP.

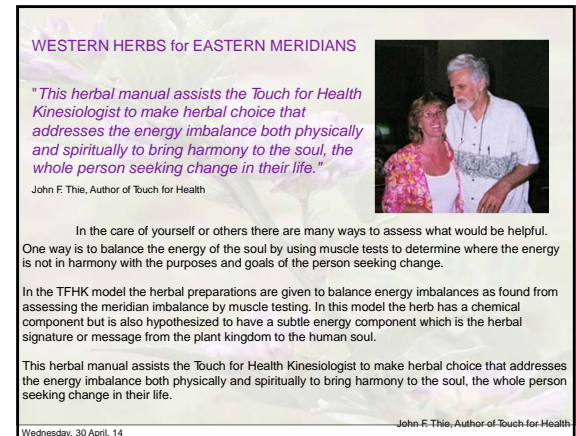
The Meridian/Herbal Chart was available, but now students were asking for a book. Once the first draft was completed, I proudly presented it to a colleague and in that moment, I suddenly realized that the herbs had not had their say. I immediately went to play with the plants to listen to their story. Through this understanding, I was able to discover the emotion responsible for blocking the meridian and recognized that listening to the plant messages could shift our attitude and recreate meridian integrity and chakra balance.

This mini workshop became a tool to introduce my friends and community to both Kinesiology and Energy Medicine.

Everyone has fun and it sparks interest for the more comprehensive training.

It's Fun, Easy to understand, just keep it simple and ENJOY!!


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**WESTERN HERBS for EASTERN MERIDIANS**

*"This herbal manual assists the Touch for Health Kinesiologist to make herbal choice that addresses the energy imbalance both physically and spiritually to bring harmony to the soul, the whole person seeking change in their life."*

John F. Thie, Author of Touch for Health



In the care of yourself or others there are many ways to assess what would be helpful. One way is to balance the energy of the soul by using muscle tests to determine where the energy is not in harmony with the purposes and goals of the person seeking change.


In the TFHK model the herbal preparations are given to balance energy imbalances as found from assessing the meridian imbalance by muscle testing. In this model the herb has a chemical component but is also hypothesized to have a subtle energy component which is the herbal signature or message from the plant kingdom to the human soul.

This herbal manual assists the Touch for Health Kinesiologist to make herbal choice that addresses the energy imbalance both physically and spiritually to bring harmony to the soul, the whole person seeking change in their life.

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John F. Thie, Author of Touch for Health

**WESTERN HERBS for EASTERN MERIDIANS**



*"I enjoyed the inclusion of a "herbal attitude" portion .....This means that while the client is receiving physical benefit from the use of the herb, a herbal 'message' also offers their spirit an additional perspective for energy balancing."*  
Bruce A.J Dewe, MD.

With her new manual *Western herbs for Eastern Meridians and Five Element Theory*, Evelyn Mulders has given the busy Kinesiologist (and other health practitioners) an effective, user friendly, new tool for their clinics. In particular, Professional Kinesiology Practitioners (PKP) graduates will enjoy the way in which she has organized her knowledge of herbs within the PKP protocol and Chinese Five Element Theory. However, within that context, Evelyn is teaching western (local) herbs, which support our western society and nourish the people of western lands and culture.

I enjoyed the inclusion of a "herbal attitude" portion which gives clients the metaphysical message to support them in their spiritual journey. To make it easy for practitioners, Evelyn has outlined the herbs in a chart with their Mental/Emotional/Physical relevance. This means that while the client is receiving physical benefit from the use of the herb, a herbal 'message' also offers their spirit an additional perspective for energy balancing. Non-PKP practitioners are not forgotten, the manual is non-commercial product-related and the biochemical uses are quickly referenced. The manual outlines the part of the herb that holds the balancing quality and so alleviates any confusion over which part of the herb to use. Clients themselves will receive immense benefit from owning this book. With increasing government restrictions on the availability of supplement, the rising prices and side-effect risk of pharmaceuticals, knowledge about the safe use of local herbs to support family and close friends becomes empowering.

Evelyn's desire to empower people to be able to pick local herbs and have knowledge direction over the preparation and use of that herb. This manual has the potential to liberate people in finding the herb in local fields and having confidence in using what mother nature intended as healing gifts for us.

Bruce A.J Dewe, MD, NZRK, MICA, Dean ICPKP

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Endorsed by the IKC  
as a  
personal development  
program  
2013

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which means.....  
you can get  
IKC certificates  
for your students

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The Message

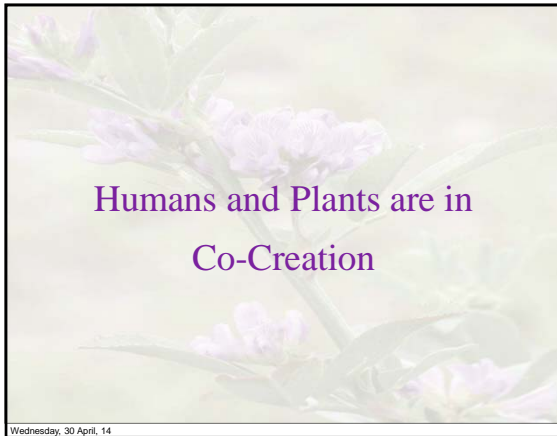
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Medicine comes from Nature

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Health is related to the Heart

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Humans and Plants are in  
Co-Creation

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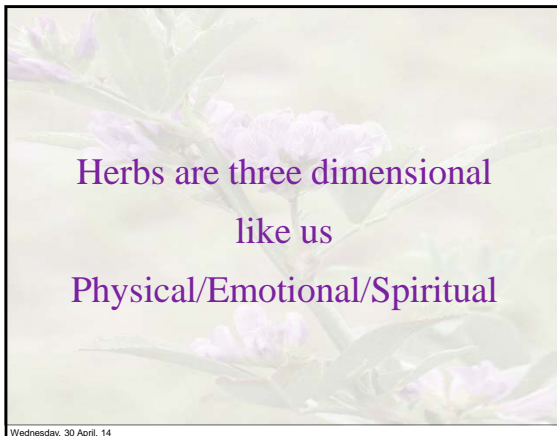
Use Western Herbs to  
Balance  
Eastern Meridians

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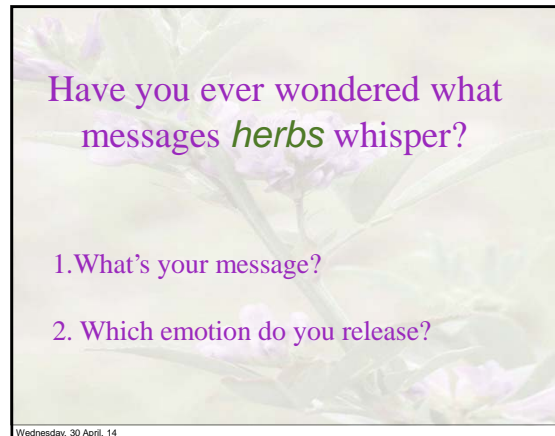
Chinese Herbs for the Chinese  
Western Herbs for Westerners

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Herbs are three dimensional  
like us  
Physical/Emotional/Spiritual

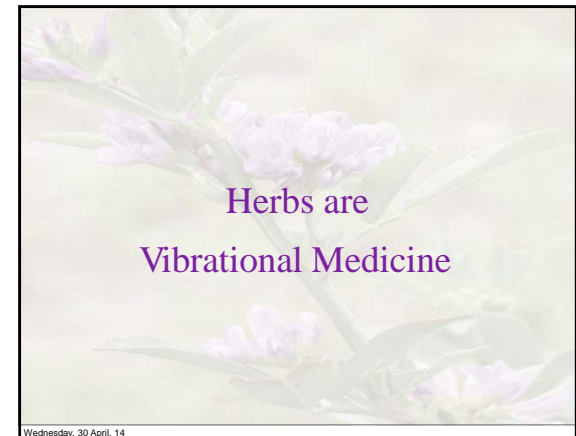
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Have you ever wondered what  
messages *herbs* whisper?

1. What's your message?
2. Which emotion do you release?

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Herbs are  
Vibrational Medicine

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4 ways to compare Western and Eastern approach to health

1. Circulatory Networks
2. Dimensional Body
3. Source of Illness
4. Immune System

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**1. Circulatory Networks**

A. Western approach to health  
Two circulatory networks

- a. Nerves
- b. Blood

B. Eastern approach to health  
Three circulatory networks

- a. Nerves
- b. Blood
- c. Meridians

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**2. Dimensional Body**

A. Western approach to health  
One dimensional body

- a. Physical

B. Eastern approach to health  
Three dimensional body

- a. Physical
- b. Emotional
- c. Spiritual

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**3. Source of Illness**

A. Western approach to health  
Illness comes from germs

B. Eastern approach to health  
Illness comes from environment

- a. External Environment
- b. Internal Environment

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**Illness** comes from the Environment

a. External Environment    b. Internal Environment

Fire - Heat	Fire - Joy
Earth - Damp	Earth - Worry
Metal - Dry	Metal - Grief
Water - Cold	Water - Fear
Wood - Wind	Wood - Anger

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**4. Immune Response**

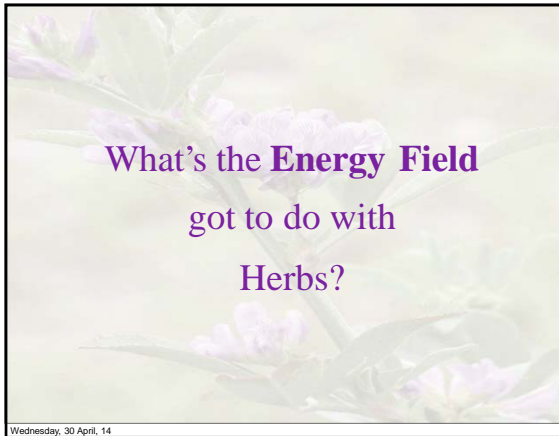
A. Western approach to health  
Immune response

- a. Glandular system

B. Eastern approach to health  
Immune response

- a. Glandular system
- b. Energy Field

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What's the **Energy Field**  
got to do with  
**Herbs?**

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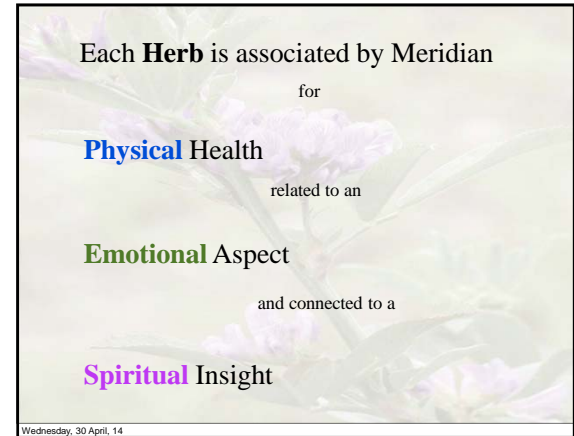
The **Holistic** approach to Herbology

**Physical**  
Herbs support the biochemistry of our body

**Emotional**  
Herbs support us with blocked emotion(s)  
Emotions are for feeling – emote  
The feeling moves us into action – motion

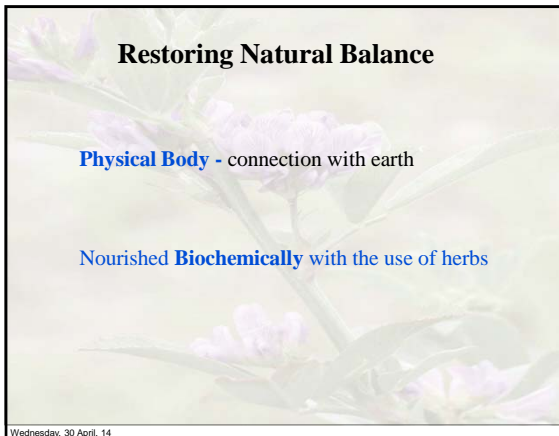
**Spiritual**  
Plants have messages for us to help shift our attitude(s)

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Each **Herb** is associated by Meridian  
for  
**Physical** Health  
related to an  
**Emotional** Aspect  
and connected to a  
**Spiritual** Insight

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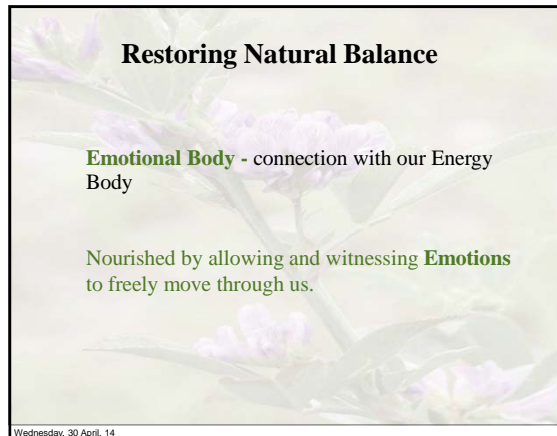


**Restoring Natural Balance**

**Physical Body** - connection with earth

Nourished **Biochemically** with the use of herbs

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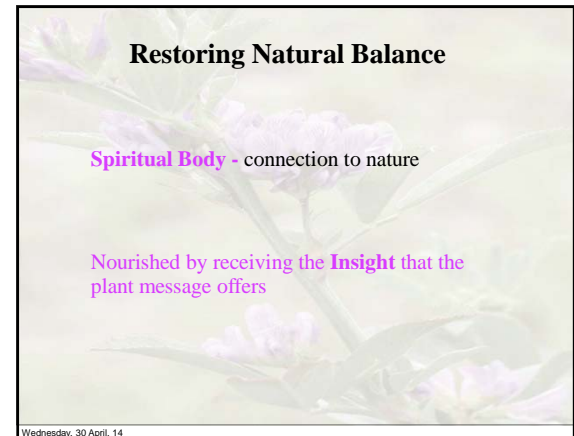


**Restoring Natural Balance**

**Emotional Body** - connection with our Energy Body

Nourished by allowing and witnessing **Emotions** to freely move through us.

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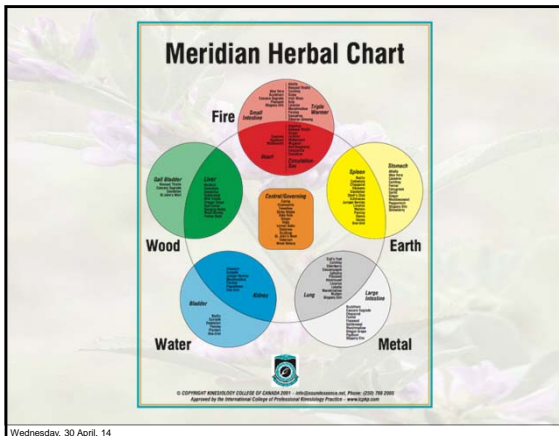
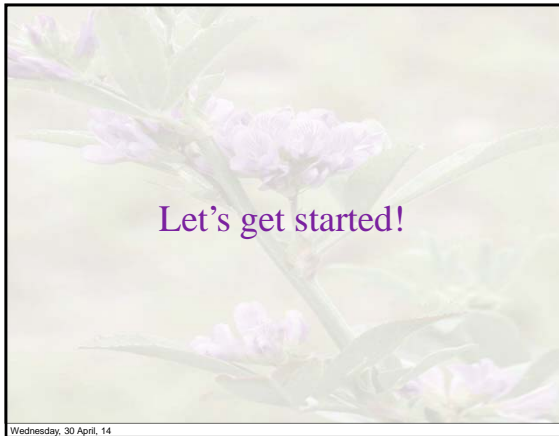


**Restoring Natural Balance**

**Spiritual Body** - connection to nature

Nourished by receiving the **Insight** that the plant message offers

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**St John's Wort**  
Central/Governing Meridian

**Physical Body**


- Wonderful remedy for the nervous system
- Calms nerves
- Relaxes tension and anxiety
- Restores the myelin sheath

**Emotional Body**

- Supports the emotion of **Confused**

**Spiritual Body**

-St John's Wort's key word is **Almagamation**. It helps one to gather the energy to get on with a purpose. St John's Wort relieves depression by marshalling our inner forces to relieve the senses of feeling unfocused and weighted down.



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**Hawthorn**  
**Fire Element**  
**Heart Meridian**

**Physical Body**



- Good for heart conditions
- Supports circulation
- Helps with breathing difficulties
- Balance high/low blood pressure
- Gently toning and nourishing

**Emotional Body**

- Supports the emotion of **Hate**

**Spiritual Body**

- Hawthorn's key word is **Courage**, especially good for those undertaking a difficult or daunting task. Hawthorn is the keeper of vital energy.

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**Hawthorn**

Affirmation:  
**I have the energy and courage to undertake this task**

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**Stevia**  
**Earth Element**  
**Spleen Meridian**

**Physical Body**

- Food for the pancreas
- 30- 100 times sweeter than sugar
- Helps to balance blood sugar
- Antifungal
- Antibacterial

**Emotional Body**

- Supports the emotion of **Approved**

**Spiritual Body**

- Stevia's gift is magic. Stevia is helpful when one is ready to plunge the depths of self-discovery and to gather the gifts from the shadow side. This herb is helpful for transition and for re-evaluating.



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**Stevia**

Affirmation:  
**I approve of myself and gather my gifts from my shadow side**

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**Comfrey**  
**Metal Element**  
**Lung Meridian**

**Physical Body**


- Most valuable herb
- Good for the respiratory system
- Used for allergic reactions
- Wound healer and bone knitter
- Builds strong bones and tissues
- Repairs torn and bruised muscles and ligaments
- First aid remedy

**Emotional Body**

- Supports the emotion of **Modesty**

**Spiritual Body**

- Comfrey is a powerful integrator as it knits broken tissue, broken emotions and broken thoughts. It helps to connect human consciousness with the divine.



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**Comfrey**

Affirmation:  
**I can integrate all that I need in my life**

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**Parsley**  
**Water Element**  
**Kidney Meridian**

**Physical Body**

- Tonic for the entire urinary system
- Effective diuretic
- Blood builder
- Blood cleanser
- Supports the liver and the spleen

**Emotional Body**

- Supports the emotion of **On Top**

**Spiritual Body**

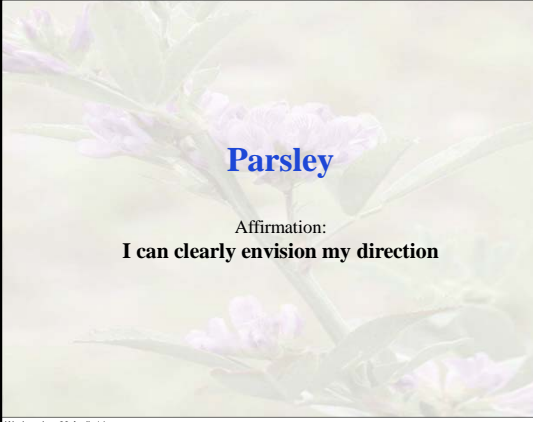
-Parsley's keyword is circumspect. It is useful for those who are overly enthusiastic and can get carried away. It will help these people to gather their energy and become more circumspect and contemplative.



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**Parsley**

Affirmation:  
**I can clearly envision my direction**



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**Dandelion**  
**Wood Element**  
**Liver Meridian**

**Physical Body**


- Valuable survival food
- Stimulates the liver to detoxify
- Blood purifier

**Emotional Body**

- Supports the emotion of **Distressed**

**Spiritual Body**


-Dandelion's keyword is integrity. Dandelion is a powerful cleanser on all levels. Dandelion give clarity of purpose and focus to all circumstances.



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**Dandelion**

Affirmation:  
**I have clarity of purpose and focus for all circumstances**



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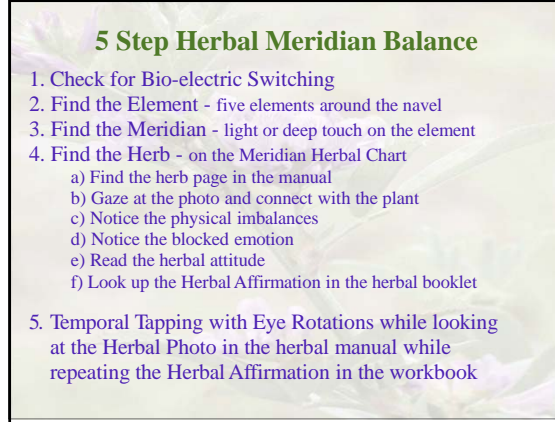
**5 Step Herbal Meridian Balance**



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**5 Step Herbal Meridian Balance**

1. Check for Bio-electric Switching
2. Find the Element - five elements around the navel
3. Find the Meridian - light or deep touch on the element
4. Find the Herb - on the Meridian Herbal Chart
  - a) Find the herb page in the manual
  - b) Gaze at the photo and connect with the plant
  - c) Notice the physical imbalances
  - d) Notice the blocked emotion
  - e) Read the herbal attitude
  - f) Look up the Herbal Affirmation in the herbal booklet
5. Temporal Tapping with Eye Rotations while looking at the Herbal Photo in the herbal manual while repeating the Herbal Affirmation in the workbook



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**5 Step Herbal Meridian Balance**

**1. Check for Bio-electric Switching**

- a) Water  
Touch your hair - notice indicator muscle - correct by drinking water
- b) Central Meridian Integrity  
Trace the central meridian - notice indicator muscle - correct by tracing it up
- c) Switches
  - i) top/bottom -notice indicator muscle - correct by rubbing lips
  - ii) side/side - notice indicator muscle - correct by rubbing K-27's
  - iii) front/back - notice indicator muscle - correct by rubbing tailbone

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**Check for Bio-Electrical Switching**

**A) Water**



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**Check for Bio-Electrical Switching**

**B) Central Meridian Integrity**




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**Check for Bio-Electrical Switching**

**C) Switches**

**Up/Down (lips)**  
**Side/Side (chest)**  
**Front/Back (tailbone)**




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**Check for Bio-Electrical Switching**

**C) Switches**

**Up/Down (lips)**  
**Side/Side (chest)**  
**Front/Back (tailbone)**



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**Check for Bio-Electrical Switching**

**C) Switches**

**Up/Down (lips)**  
**Side/Side (chest)**  
**Front/Back (tailbone)**

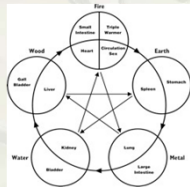


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### 5 Step Herbal Meridian Balance

2. Use muscle testing with the “no” or “stressed” response to find the **Element** needing support

Impose this five element wheel around the navel. Touch the center of the wheel for Yin/Yang and then continuing with the 2nd half of Fire, touch each circle stating the element name, in a clockwise direction Fire, Earth, Metal, Water, Wood and Fire.

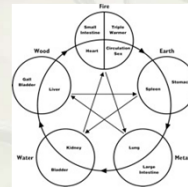


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### 5 Step Herbal Meridian Balance

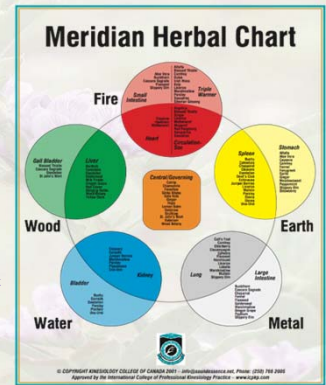
3. Use muscle testing with the “no” or “stressed” response to find the **Meridian** needing support

Light touch - **Yang Meridian** - outside of circle  
Deep touch - **Yin Meridian** - inside of circle



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### 5 Step Herbal Meridian Balance



4. Use muscle testing with the “no” or “stressed” response through the list of herbs indicated on the **Meridian Herbal Chart** to isolate the **Herb**

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### 5 Step Herbal Meridian Balance

- 4 a). Find your herb page in the manual
- 4 b). Gaze at the photo and connect with the plant
- 4 c). Notice the physical imbalances
- 4 d). Notice the blocked emotion
- 4 e). Read the herbal attitude
- 4 f). Look up the Herbal Affirmation in the herbal booklet or chart

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### 5 Step Herbal Meridian Balance

- 5. Temporal Tapping with Eye Rotations while looking at the Herbal Photo in the herbal manual while repeating Herbal Affirmation in the workbook
- 6. Recheck **Meridian** - optional

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### 5 Step Herbal Meridian Balance

#### Temporal Tapping

Hold the thumb to the ring finger whilst using the two middle fingers to tap around the ear in a circular motion both clockwise and counterclockwise.



#### Eye Rotations

With the head and neck centred, moving the eyes in a circular motion through the full vision spectrum both (cw & ccw) while looking at a focal point, in this case the herbal photo.

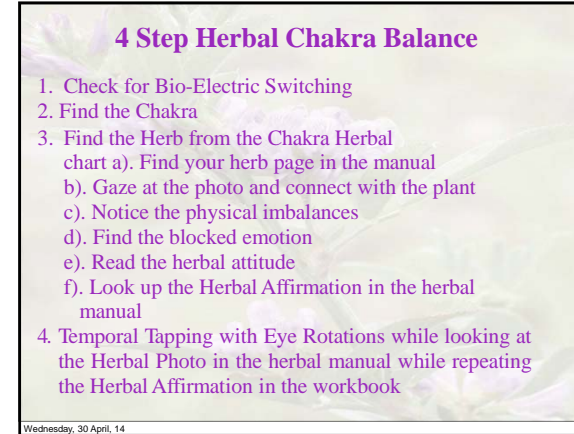
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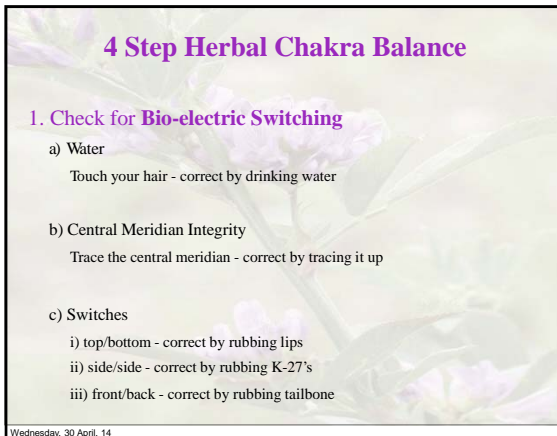
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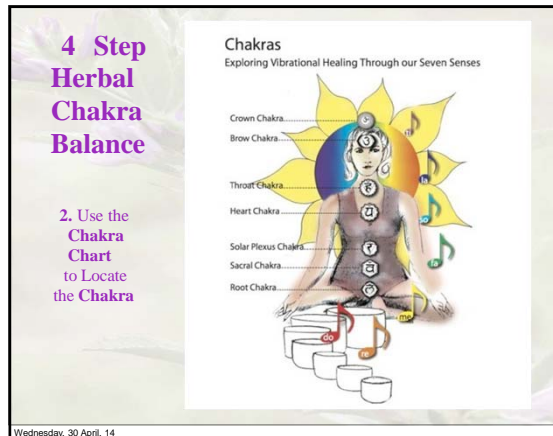
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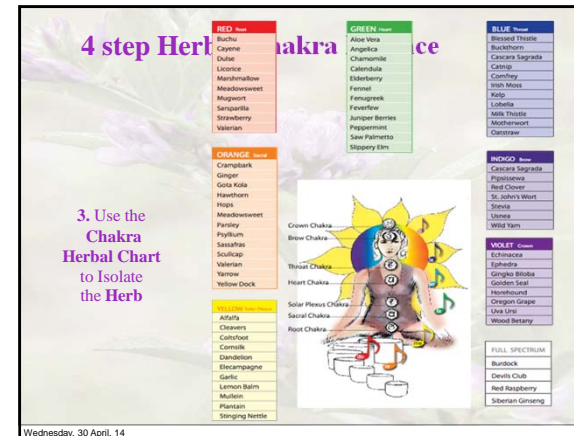
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**4 Step Herbal Chakra Balance**

- 3 a). Find your herb page in the manual
- 3 b). Gaze at the photo and connect with the plant
- 3 c). Notice the physical imbalances
- 3 d). Find the blocked emotion
- 3 e). Read the herbal attitude
- 3 f). Look up the Herbal Affirmation in the herbal manual

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**4 Step Herbal Chakra Balance**


4. Temporal Tapping with Eye Rotations while looking at the Herbal Photo in the herbal manual while repeating Herbal Affirmation in the workbook
5. Recheck **Chakra** - optional

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**4 Step Herbal Chakra Balance**

**Temporal Tapping**

Hold the thumb to the ring finger whilst using the two middle fingers to tap around the ear in a circular motion both clockwise and counterclockwise



**Eye Rotations**

With the head and neck centred, moving the eyes in a circular motion through the full vision spectrum both (cw & ccw) while looking at a focal point, in this case the herbal photo.

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**Herbal Power**

Please refer to the back of the Workshop Booklet for any information pertaining to gathering, harvesting, drying and storing herbs.

Check out ways in which to make teas, tinctures and capsules

Remember that the herbs are thrilled to be of service!

For us all.....it's all about

**Co-Creation**

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Happy is he  
 who hath the power,  
 to gather wisdom  
 from a Flower

Rosemary Gladstar

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**Thank you**

For more information  
 consult your  
**Touch for Health Instructor**

or

[info@soundessence.net](mailto:info@soundessence.net)  
[www.soundessence.net](http://www.soundessence.net)

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