blossoming heart institute®

Robbi Zeck ND

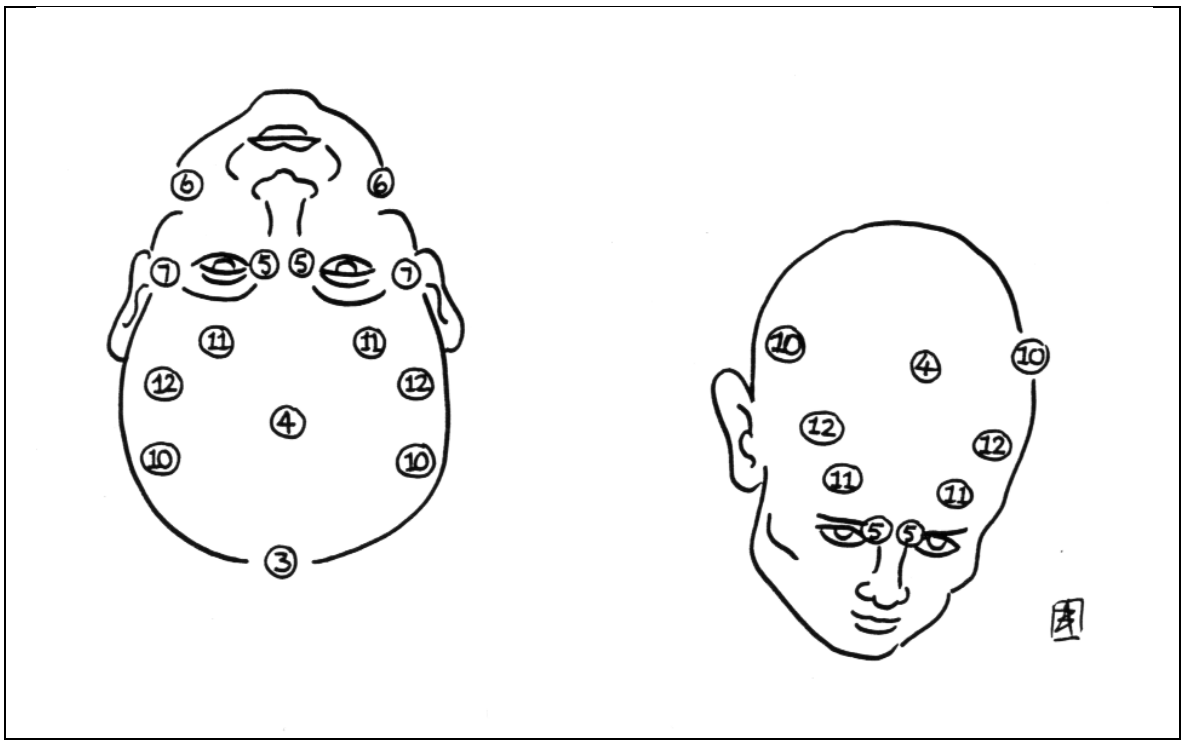
Circulation Reflexes

This technique enhances the circulation of the chi through all of the meridians and offers deep relaxation to the client.

Procedure:-

Test to determine which Essential Oil is required. Apply to your fingertips. Activate the points with a light touch. Wait for the pulses to synchronize. Each number corresponds to the various meridians.

1. Kidney
2. Large Intestine, Triple Heater
3. Spleen
4. Conception, Heart, Gall Bladder, Liver, Lung
5. Bladder
6. Stomach
7. Kidney
8. Governing, Triple Heater
9. Spleen
10. Kidney, Small Intestine, Pericardium, Large Intestine
11. Conception, Bladder, Stomach
12. Liver
13. Pericardium
14. Triple Heater – at the sternal notch
15. Gall Bladder – at the centre of the collar bone
16. Gall Bladder – behind the knee
17. Hold the tops of the ankles for grounding



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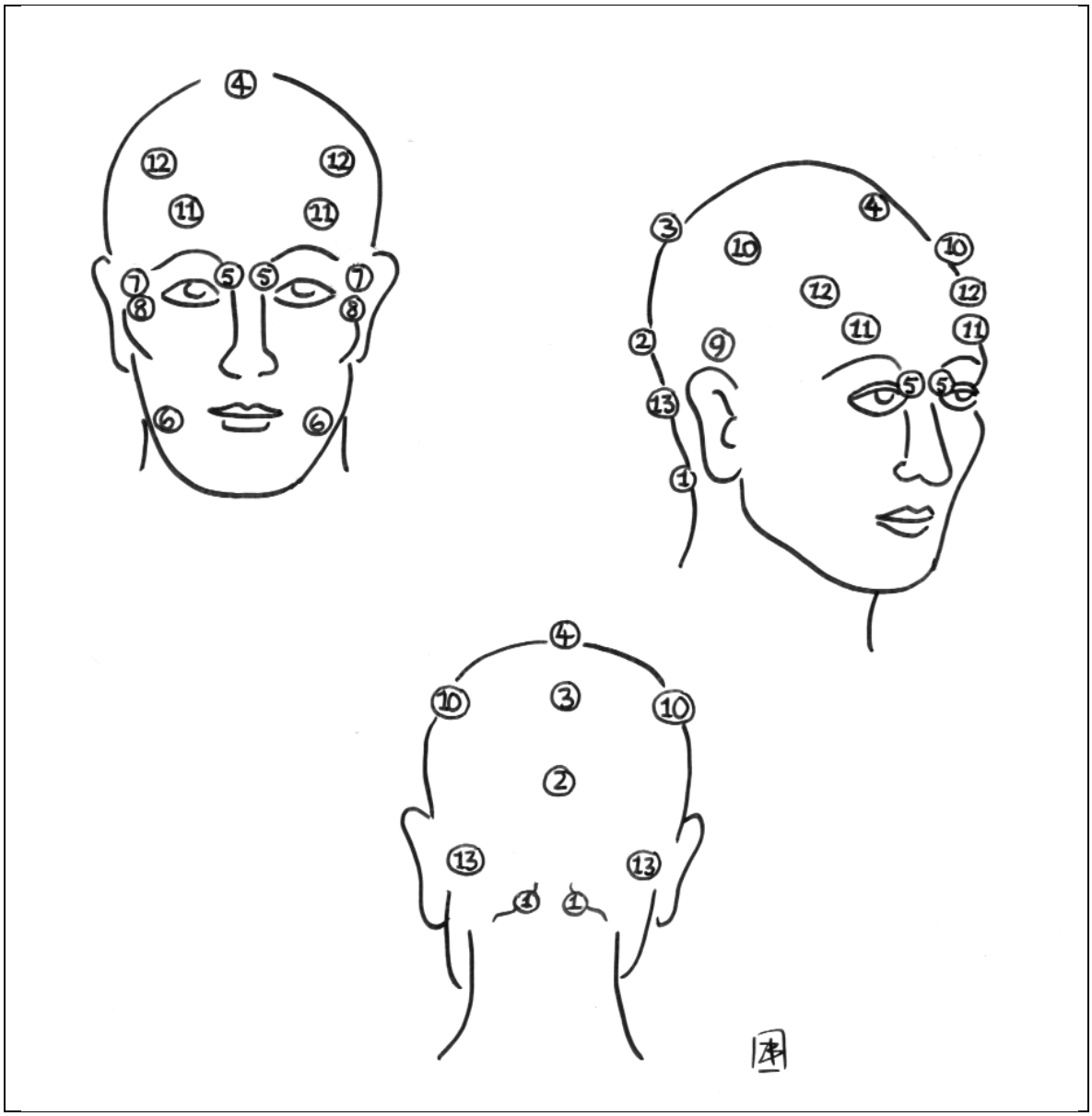

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