



Module 2: Exercise 1

GREAT REGULATOR: IMMUNITY BOOST

The Great Regulator is the fastest way to quicken your immunity and rebuild your "Wei Qi". The Wei Qi is the energy 1-3 inches off the body that surrounds the body. This is the first line of external defense of your immune system. When the Wei Qi is lowered, you can get sick more often.

TRIPLE WARMER: SOURCE POINT TW 5

The Triple Warmer meridian is on the Yang or outside of the arm. Locate 3 cun (finger widths) from the crease of the wrist. Follow the line from the middle finger. Tune 3 times on the body. Tune 3 times off the body, twirling forks around the point.

PERICARDIUM: SOURCE POINT PC 6

The Pericardium meridian is on the Yin or inside of the arm. Locate 3 cun (finger widths) from the crease of the wrist. Follow the line from the ring finger. Tune 3 times on the body. Tune 3 times off the body, twirling forks around the point.

TUNE TW 5 & PC 6 ON EACH SIDE: LEFT & RIGHT

You can tune both points at once with your fingers and chanting "AUM". You can also tune your fingertips and hold the points for 10 seconds. If you are attuned to Reiki, run Reiki through the points.

