

Meridian Flush Empowerments Manual

(Level 1 and 2)

Founder: Jose Gonzales

Year: 2003

Number of Empowerments: 2

Number of Symbols: 0

Compiled by Brother David Paul chc

The Reiki Guides suggest that it would be most helpful for students to have opened their Kundalini channel and have some experience with Meridian / Qigong before taking these empowerments for more benefit.

Resources

Healing Promise of Qi by Roger Jahnke you will find a more complete explanations of Meridians and Qigong. Another helpful resource is a manual Meridian Stroking by Elizabeth Hibel who combines using reiki with the Meridians. From these recourses I have attached the following materials which I hope will be helpful for new students receiving this wonderful empowerments.

Lineage

No certificates are given but this is the lineage:
Source - Jose Gonzales > Manoj > Daniel Escamilla

Defining Meridians

What are Meridians? Meridians are energy lines that run around the body in definite pathways.

Along each meridian there are points where the energy comes to the surface and these points are used in acupressure and acupuncture.

There are meridians that run deep within the body and those that run close to the surface, but we will concern ourselves with the 12 main meridians that come to the surface.

Acupuncturists have been using these meridians for thousands of years in China, but only comparatively recently in the West.

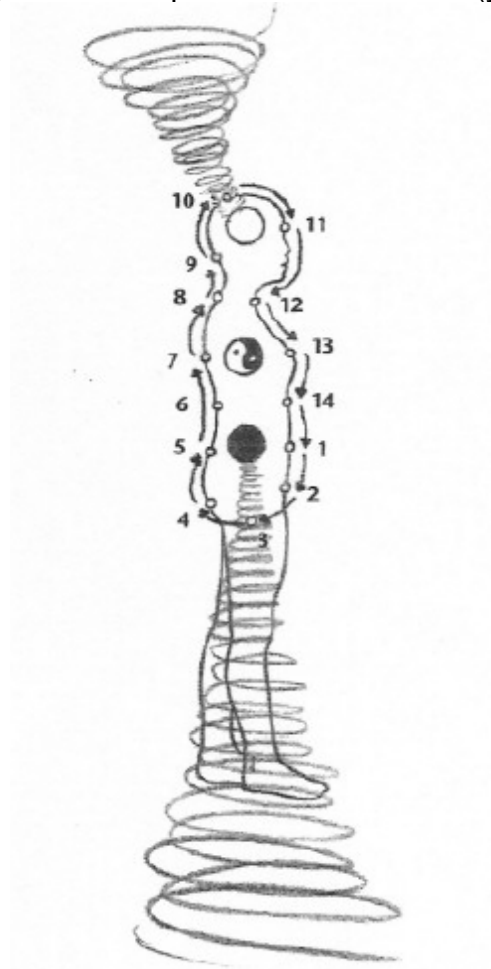
The belief is that if the energy flow is interrupted, some kind of disease arises in the area of interrupted flow or in a part of the body associated with it.

If energy flow is badly interrupted, unconsciousness results and in the case of complete failure of energy flow, death.

So you can see why it is considered very important to keep the energy flowing smoothly along the meridian lines.

Directing Qi in the Microcosmic Orbit

Instruction: The human system is a replica of the universe - Heaven. Two primary Qi channels, in the front and back central channels, form what is called the Microcosmic Orbit or the Cycle of the Small Heaven. Each of the points or gates on the Microcosmic Orbit is related to a major inner function. This practice directs the energy from gate-to-gate. Typically the process starts at the Earth Elixir Field and progresses as the points are numbered in the illustration. Many believe that this method is associated with the Circulate the Light practice from The Secret of the Golden Flower. Start with an inhalation and focus at the umbilical point. On the exhalation, imagine or feel the Qi moving downward to the second gate. Imagine that the point becomes warm (you may feel this).



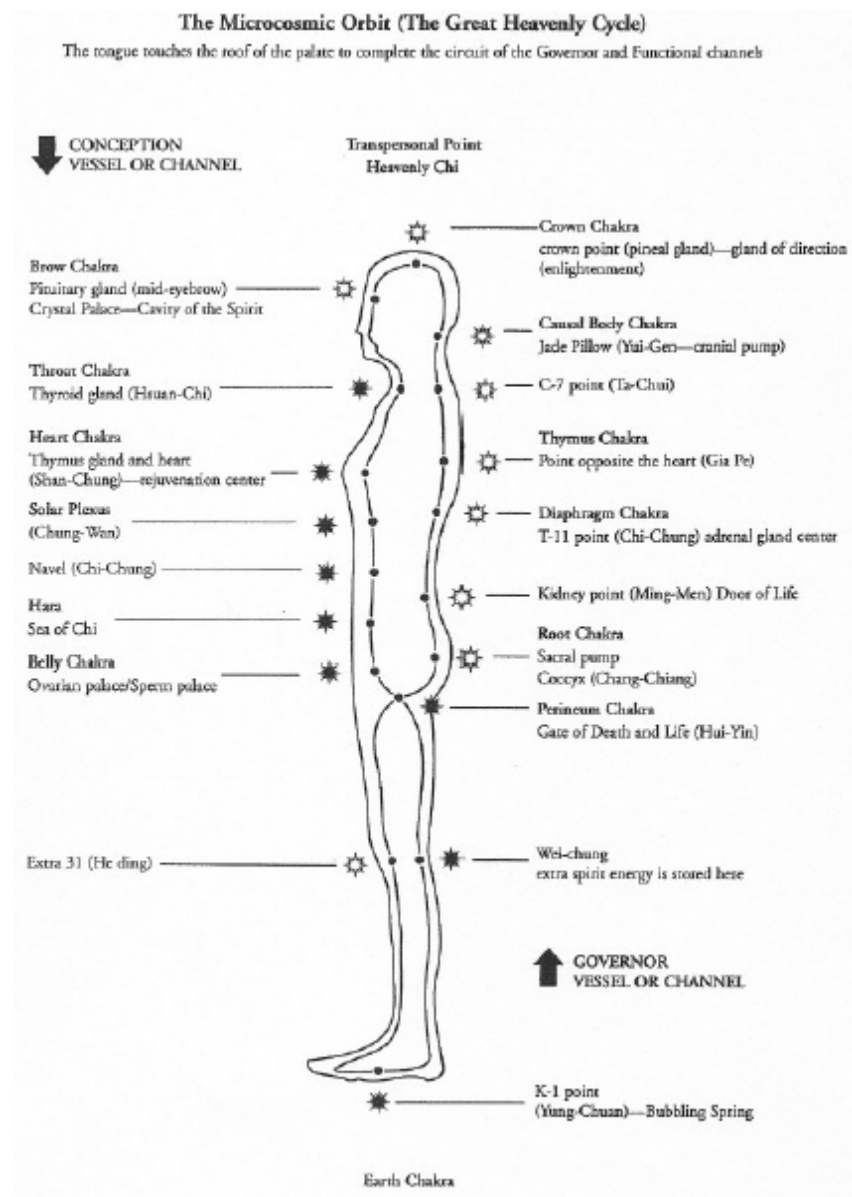
Direct Qi in the Microcosmic Orbit

On the inhalation, allow the energy to flow through the gate and into the body. Then, on the exhalation, send the flow, the river of light, on to the next gate. Continue this transmission from gate-to-gate for fourteen breaths, which will bring you back to the first gate. On each inhalation pull energy in through the gate; on each exhalation send the energy on to the next gate. After fourteen breaths, the gates should be open. Then continue. On the

inhalation the Qi moves from the nose to the umbilical point in the Microcosmic Orbit and on the exhalation it passes down between the legs and rises along the back and over the top of the head, where you begin the next inhalation. When you can do this for the fourteen breaths and then do the full cycle for ten breaths or so without thinking or becoming distracted, it demonstrates that you are becoming an advanced practitioner who is definitely making progress in Heart-Mind Qigong.

Mind Focus Affirmation

Directing Qi, I transmit empowering recourses to specific areas to accelerate healing and to restore balance and harmony.



Meridian Flush Purpose and Objective

Meridian Flush 1 removes bad energy from one's body and clears up the energy pathways in the body, thereby improving energy flow and distribution.

Meridian Flush Activation Level 1 (Flush 1 - 5 Hours)

Allow 3 minutes when activating Flush 1. Once activated the flush continues for 5 hours. This is one of the best Meridian/Chi Channel cleansing activations you will find. You activate it, and it begins to work all by itself. Once activated it begins to clean your meridian system automatically and continues for 5 hours. The energy is conscious, and it releases blockages as it moves through your meridians. You can literally feel the energy coursing through your system and radiating from your body. It feels like your body is taking an **Energy Vacation**.

How to Activate Meridian Flush Level 1

Caution: ONLY activate once daily.

To activate on yourself, state: I activate the Meridian Flush Level 1 . Think Meridian Flush Level 1 ON.

To activate via distance healing

state: I activate the Meridian Flush Level 1 for <full-name>,<birthday> .

Important Note: The energy will run automatically for 5 hours.

To activate on someone in person, just place your hands on their head or shoulders and say or think Meridian Flush .

Important Note: Remember the Meridian Flush Level 1 once activated runs continuously for 5 hours.

Meridian Flush Activation Level 2 (Flush 2 - 7 Hours)

Prerequisite is Meridian Flush Level 1. This attunement is only for people that have received the Meridian Flush Level 1 attunement. Allow 3 minutes when activating Flush 2. This particular activation was received by Yona directly. It was channeled to him. It is far more effective and powerful than its predecessor Meridian Flush Level 1. It is a truly remarkable energy cleaning tool. Once activated it begins to clean your meridian system automatically. The energy is conscious, and it releases blockages as it moves through your meridians. You can literally feel the energy coursing through your system and radiating from your body. It feels fantastic!

How to Activate Meridian Flush Level 2

Caution: ONLY activate once daily.

To activate on yourself, state: I activate the Meridian Flush Level 2 .

To activate via distance healing

state: I activate the Meridian Flush Level 1 for <full-name>,<birthday> .

Important Note: The energy will run automatically for 7 hours.

To activate on someone in person, just place your hands on their head or shoulders and say or think Meridian Flush .

Important Note: Remember the Meridian Flush Level 2 once activated runs continuously for 7 hours.