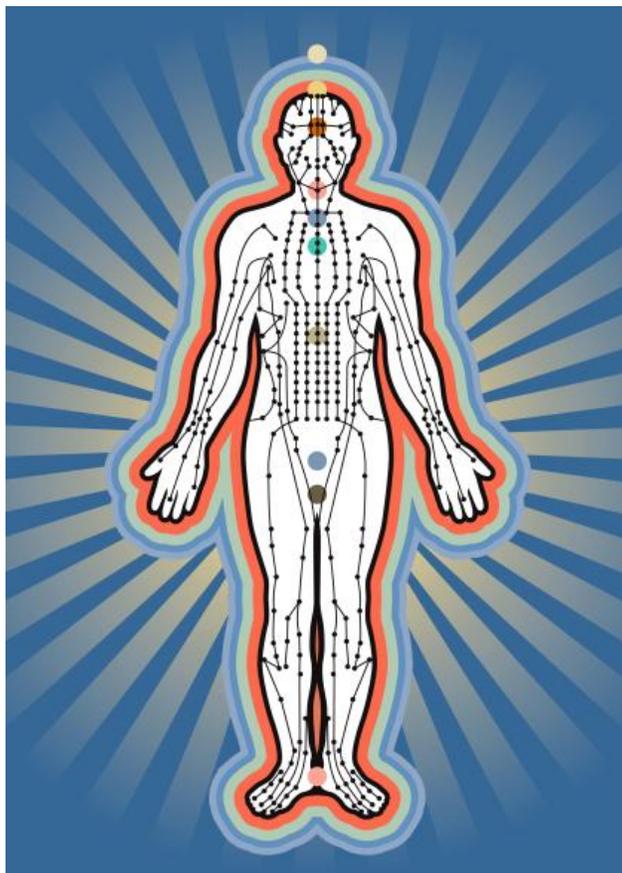


# Qi Flow Quiz



## 5 Meridian Systems

### Meridian System 1 - Heart/Small Intestine

**When your Qi is *FLOWING* freely** through your Heart/Small Intestine Meridian System, you are a person who already is or is developing into a warm, joyful and powerful spirit. Your body, mind and personality are in harmony. Your eyes radiate a brightness that emanates a love for life.

Strong Qi flow through this system graciously offers an inner peace and presence of mind. Your morals are high and you aspire to higher spiritual knowledge. You possess a conscious awareness and a deep compassion for

nature and humanity. The power you carry is a sense of being an individual and at the same time you feel a sense of unity with others.

**When your Qi is hesitant or *STUCK*** within your Heart/Small Intestine Meridian Systems, your mind will no longer have a pure home in which to dwell and your Spirit may roam like a restless lion, causing sleep disturbances. Sleep disturbances may turn into frightful dreams and nighttime emissions.

Your energy disruption may be causing you to be anxious, easily distracted, forgetful, restless and overly talkative. Your emotional expressions may show up as false laughter, you may be prone to sobbing, sadness or even lack the ability to speak. You may experience a decline of mental clarity and sound judgment.

Long-term disruption of Qi may create a heaviness or cold feeling in the chest, shortness of breath and show up as feelings of cruelty, hate, indiscretion, and impatience.

**When the Heart system is “*stuck*”, ALL the other meridian systems will be affected too.**

## **Meridian System 2 - Spleen/Stomach/Pancreas**

**When your Qi is *FLOWING freely*** through your Spleen/Stomach Meridian Systems, you are a person of fairness, openness, and deep thinking with an astute ability to remember. You have a passion to nurture and to help things grow whether it be a luscious garden or a beautiful child.

You have the ability to endure stress without harm to your body or psyche. People admire you for your adaptability. Your body has a balanced digestive system giving you the ability to assimilate and metabolize your food into plenty of energy. Your body, weight, size and shape remain essentially the same from day to day. Your life feels very stable, centered and balanced.

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**When your Qi is hesitant or *STUCK*** within your Spleen/Stomach Meridian Systems, you have a tendency to sink into depression, sadness or despair. A craving for sweets arises out of not finding the sweetness in life. You may lack concentration, imagination or the ability to create new ideas.

Your capacity to sustain motivation for a project or assignment will be challenging. The first signs to arise in your physical body are digestive issues.

You love to eat and may experience bloating, especially after a meal or you may lack the desire to eat at all. You are easily agitated and fatigued.

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## **Meridian System 3 - Lung/Large Intestine**

**When your Qi is *FLOWING freely*** through your Lung/Large Intestine Meridian systems, you pride yourself on being honorable, fair and good. There is an even pace to your life and you have a concrete knowing of what is right or wrong, beneficial or harmful.

You have abundant physical power and an excellent immune system. You are someone who can express his or her emotions easily. You are admired for your adaptability and creativity. You are the person people seek for new ideas.

**When your Qi is *hesitant or STUCK*** within your Lung/Large Intestine Meridian systems, you may be a person who has difficulty letting unnecessary thoughts and feelings go. You may be feeling very vulnerable in life. You find it challenging to express your desires and feelings with ease and this inability creates an armoring, stiffness and hardening over your mind and body. Your mind may feel unclear and cluttered.

If you are feeling stuffy, stale and lifeless, it is time to “let go” of the old and take in what is fresh and new. The long term withholding of unnecessary thoughts and feelings begins to affect the muscles of the diaphragm and intestines by becoming spastic and tense. You may find it challenging to relax and be flexible, giving rise to a stiff neck and spine. Cold and flues have become frequent visitors.

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## **Meridian System 4 - Kidney/Urinary Bladder**

**When your Qi is *FLOWING freely*** through your Kidney/Urinary Bladder Meridian Systems, there is gentleness to your nature. You are a person who can generate a strong will power, focus and ambition. You are someone who thinks clearly, can sustain long periods of concentration.

At the peak of balance, this system permeates a person with courage, endurance and being grounded. Abundant Qi flowing through this system will allow you to age gracefully for you have sustained a core vitality by living a balanced life.

**When your Qi is hesitant or *STUCK*** within your Kidney/Urinary Bladder Meridian Systems, you are most likely someone who is on the *fast track* of life. Over indulgence, over working, excessive sexual activities may have become a driving force and you are not or will not age well.

Fearfulness is the underlying emotion that plagues your inner world. Out of this fear feelings of jealousy and suspicion may arise. The prolonged emotions of intense fear, jealousy or suspicion can further weaken this system.

You may be experiencing chronic anxiety, fatigue, lowered sex drive along with negativity, and impatience. The mind becomes scattered and finding the will power for change becomes very challenging. Other people may see you as uncaring and finding a real interest in life may become one of your greatest tests.

## **Meridian System 5 - Liver/Gall Bladder**

**When your Qi is *FLOWING freely*** through your Liver/Gall Bladder Meridian System, there is a spontaneous flexibility in your nature that others enjoy and appreciate. Your spirit is one of courage and kindness. There is a sparkle and spunk to the way you initiate and take action. Your emotions flow with a smoothness much like the spreading of vanilla icing on a red velvet cake.

When this system is strong, there is an ease to making sound judgments and decisions. Your vision, physically and mentally is clear with purposeful action. If life throws you a curve ball, you have the ability to bounce back with the vigor of an acrobat.

**When your Qi is hesitant or *STUCK*** within your Liver/Gall Bladder system your inner and outer worlds are filled with tension and restriction. Life is difficult to swallow. Irritations and frustrations set the tone for most of your days. You will lack energy and the ability to create new ideas. Living life is much like drudging through thick, murky mud.

On the weak side, you may have a timid personality and a ready tendency for “the blahs.” Your Qi stays weak or stuck over time, it may produce a gloomy emotional state of constant resentment, repressed anger or depression.

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## **Simple Technique to Get Your Qi Moving**

One of the fastest ways to get your *Qi moving now* is by jumping on a rebounder or mini trampoline Did you know that Tony Robbins jumps on one backstage just before walking in front his audience?

You don't have to be a gymnast to enjoy this and receive the benefits. Jump to your level and to your "hearts content!"

Now, if you do not have a mini trampoline yet, no worries, this effective movement below is the next best way to start freeing your Qi.

1. Stand up. Place your feet hips length apart. Close your eyes, drop your shoulders and take 3 deeps breaths, breathing in & out through your nose 1.....2.....3.....Bend your knees a little and begin to bounce gently up and down. Let your whole body relax and while you continue to bounce, slowly turn your body left to right. Remember to breathe. Do this for as long as it feels comfortable (20 to 60 seconds is great).
2. Lift your heels up until you are on the balls of your feet, then gently drop your heels to floor. Let your body jiggle, hold your core and repeat for as long as it feels comfortable. Remember to breathe.
3. Engage the arms, like a monkey by lifting them over your head and let you hands and fingers tangle, lift and drop your heels. Remember to breathe. Repeat for as long as it feels comfortable. Feel great?! This simple movement is excellent to do after every 20 to 30 minutes in front your computer or traveling on an airplane.

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