The K.E.Y to Health with Energy Medicine:
Kinetic Energy YINtegration

The Meridian Sweep Dressed Up

1. Governing: Pull the jacket up and flip the hood over the head
2. Central: Zip up the front
3. Stomach: Sweep your look from head to toe
4. Spleen: Consider the look of the pants with your vest
5. Heart: With the length of the sleeve
6. Small Intestine: I hear great compliments (repeat on the other arm)
7. Bladder: The double jacket on my back
8. Kidney: Keeps me warm right up to my neck
9. Circulation/Sex: In the middle of my thoughts
10. Triple Warmer: I realize I need to really see what I look like (repeat on the other arm)
11. Gall Bladder: I look, I listen, I look, I think, I look from head to toe to understand both sides
12. Liver: I forgot to add a belt
13. Lung: Taking a deep breath, I look alright, a thumbs up
14. Large Intestine: I point this out to all I see (repeat on the other arm)