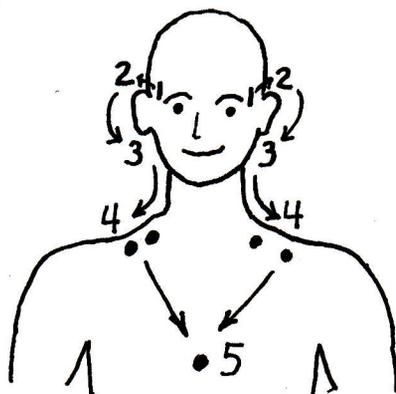


Triple Warmer Smoothie

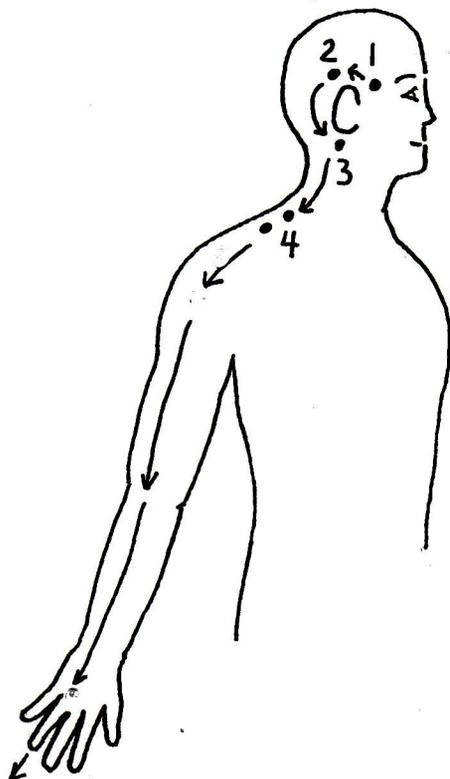
From Donna Eden

The Triple Warmer meridian governs your immune system and ability to handle stress. It stimulates the "Fight or Flight" response and can sometimes get stuck in the "ON" position, keeping your body in a state ready for action and turning "OFF" energy to the immune system, digestion and even thinking. It begins at the tip of the 4th finger, but to calm it down - trace it backwards starting at the temple.

1. **Simple version:** Begin at both temples with fingers (can add crossing arms if comfortable) **breathe in and out...** trace from temples, up around ears, landing on shoulders... pause... **breathe in and out ...** then drag energy down to the heart letting the hands rest on the heart... **breath...** repeat 3x's



2. **Longer version:** 1 side repeating 3 x's, switch to the other side 3x's. Bring the finger of one hand across to the opposite temple... **breath in and out...** trace from temples, up around ears, landing on shoulders...pause...**breath in and out** then trace down the back of the arm, back of the hand and out the 4th finger.



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