

Midday / Midnight

p. 43, Toni Lilley manual

Midday/Midnight

Knowing that each of the twelve meridians peaks for a two hour period during the twenty four hour cycle, we can use the spokes of the wheel to connect the “Midday / Midnight” associations between pairs of meridians. They are represented on the wheel diagram p. 42, by the solid orange lines. The meridian whose time of day it is has the dominant energy flow (“midday” meridian), while at the same time its partner on the opposite side of the wheel has the least energy (“midnight” meridian).

If there are no beaver dams, triangles or squares, if you have an over energy and an under energy in one of the midday/midnight associations, stimulate the balancing reflexes of the under energy meridian in the pair.

Time of day

If we have no patterns emerging, we can create an energy flow using the meridian at its peak, by stimulating the balancing reflexes of the first under energy, going clockwise at or after the time of day.

When we have more than one pattern within the beaver dam, triangle, square or Midday/Midnight, we reference the time of day to establish the priority under energy meridian to balance.