

FRAGRANCE ALCHEMY & THE 20 MERIDIANS OF THE BODY

Healing Sexual Abuse through
Clearing the 12 Main and the 8
Extraordinary Meridians of the Body



ALMINE

Fragrance Alchemy, the 20 Meridians of the Body and the Healing of Sexual Abuse

Introduction

The trauma from sexual abuse is a violation to the whole body and affects all bodily meridians, the 12 main meridians as well as the additional 8 extraordinary meridians.

The 12 Main Meridians

1. Lung Meridian
2. Large Intestine Meridian
3. Stomach Meridian
4. Spleen Meridian
5. Heart Meridian
6. Small Intestine Meridian
7. Bladder Meridian
8. Kidney Meridian
9. Pericardium Meridian
10. Thyroid Meridian
11. Gallbladder Meridian
12. Liver Meridian

The Eight Extraordinary Meridians

Ren Mai	also called the Sea of Yin
Du Mai	also called the Sea of Yang
Chong Mai	also called the Sea of the 12 Primary Channels
Dai Mai	also called the Belt Channel
Yin Qiao Mai	the Yin Motility Vessel
Yang Qiao Mai	the Yang Motility Vessel
Yin Wei Mai	Yin Linking Vessel
Yang Wei Mai	Yang Linking Vessel

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The Eight Extraordinary Meridians are paired as follows:

- | | |
|--------------|------------------|
| 1. Ren Mai | 2. Yin Qiao Mai |
| 3. Du Mai | 4. Yang Qiao Mai |
| 5. Chong Mai | 6. Yin Wei Mai |
| 7. Dai Mai | 8. Yang Wei Mai |

Each of the eight extraordinary meridians has a *master point* and a *coupling point* – the master point for one meridian of the pair is the coupling point for the other and visa versa; e.g. the master point of the Ren Mai is the coupling point of Yin Qiao Mai while the master point of Yin Qiao Mai is the coupling point for Ren Mai.

When working with the extraordinary meridians, it is typical that the meridians are treated as they are paired, with the specific oils being applied to each of the eight meridians. (See the following page for the oil associated with each meridian.)

The gender of the person being treated also affects the side of the body to which the oil is applied.

For each of the extraordinary meridians, when treating **men**, apply the oil to the master point on the **left** side of the body first, and then apply the oil to the coupling point on the **right** side of the body.

For **women** apply the oil to the master point on the **right** side of the body first, and then apply the oil to the coupling point on the **left** side of the body.

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Using the Fragrant Oils to
Release the Trauma of Sexual Abuse

Apply the oils to the specific acupressure points as indicated on the illustrations that follow. Massage the oil in small clockwise circles. Massaging the oil can be done for just a few seconds, as the primary element is the fragrance on the meridian point.

When applying the oils to the 12 main meridians, the oil only needs to be applied to **one** acupressure point (although others may be shown, select the one that is most accessible).

When applying the oil to the 8 extraordinary meridians, the oil is applied to **two** points (the master point and the coupling point) for each meridian.

The 12 Main Meridians and the Fragrant Oil

1. Lung Meridian	Neroli Blend
2. Large Intestine Meridian	Jasmine Blend
3. Stomach Meridian	Sandalwood Blend
4. Spleen Meridian	Fuchsia Blend
5. Heart Meridian	Rose Blend
6. Small Intestine Meridian	Lotus Blend
7. Bladder Meridian	Saffron Blend
8. Kidney Meridian	Narcissus Blend
9. Pericardium Meridian	Henna Blend
10. Thyroid Meridian	Oud Blend
11. Gallbladder Meridian	Patchouli Blend
12. Liver Meridian	Gardenia Blend

The 8 Extraordinary Meridians and the Fragrant Oil

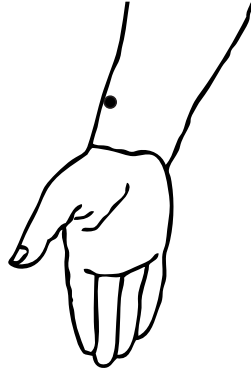
13. Ren Mai Meridian	Lily Blend
14. Yin Qiao Mai Meridian	Luxor Blend
15. Du Mai Meridian	Secret of Nefertiti Blend
16. Yang Qiao Mai Meridian	Hathor Blend
17. Chong Mai Meridian	Magnolia Blend
18. Yin Wei Mai Meridian	Papyrus Blend
19. Dai Mai Meridian	Blue Lagoon Blend
20. Yang Wei Mai Meridian	Arabian Nights Blend

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The Twelve Main Meridians

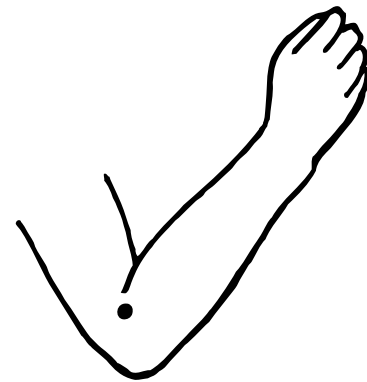
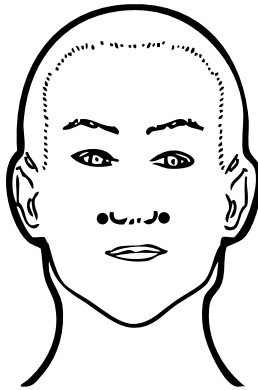
1. Lung Meridian

Neroli Blend



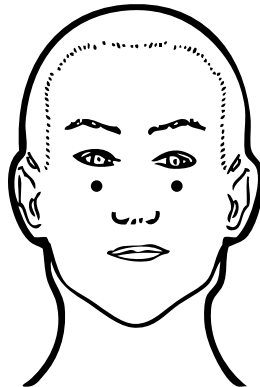
2. Large Intestine Meridian

Jasmine Blend



3. Stomach Meridian

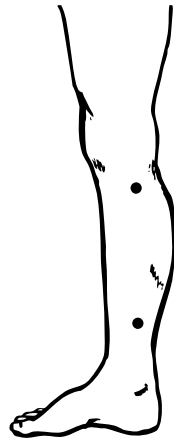
Sandalwood Blend



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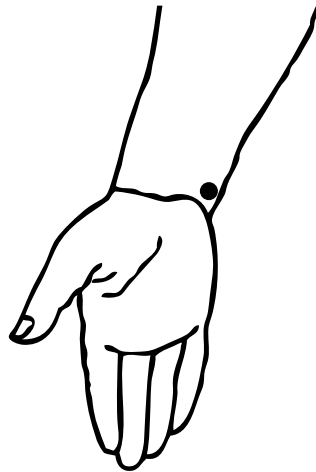
4. Spleen Meridian

Fuchsia Blend



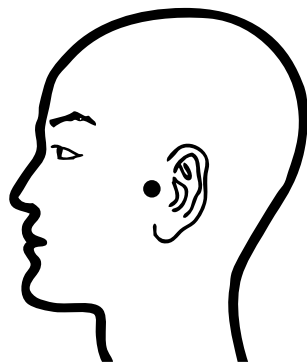
1. Heart Meridian

Rose Blend



2. Small Intestine Meridian

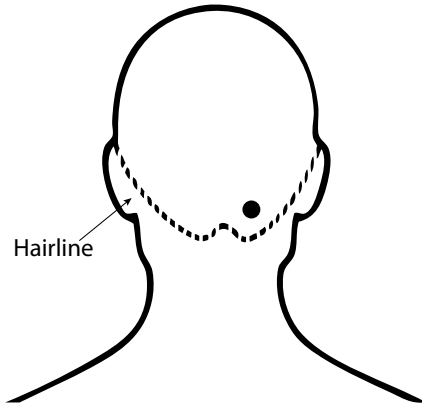
Lotus Blend



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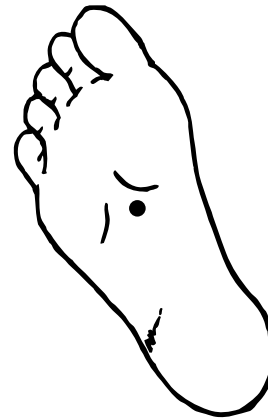
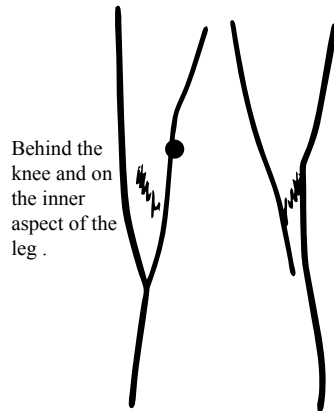
7. Bladder Meridian

Saffron Blend



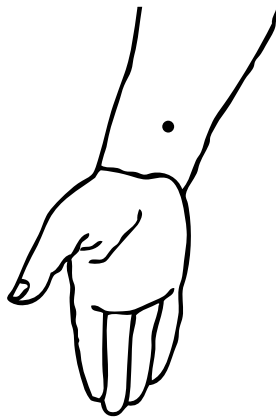
8. Kidney Meridian

Narcissus Blend



1. Pericardium Meridian

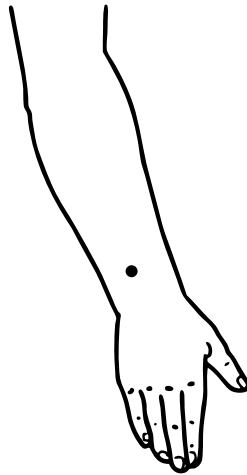
Henna Blend



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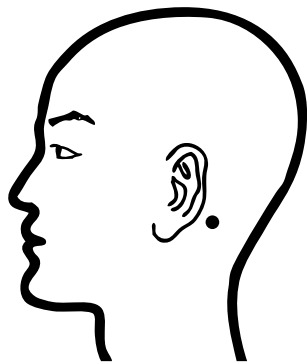
2. Thyroid Meridian

Oud Blend

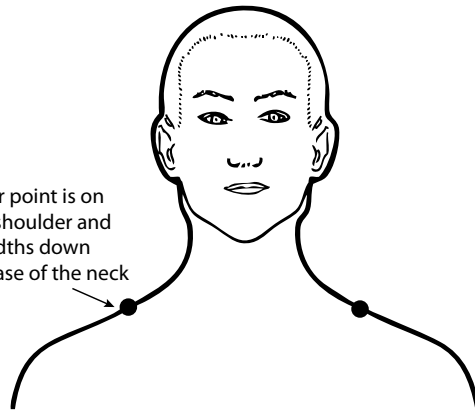


3. Gallbladder Meridian

Patchouli Blend

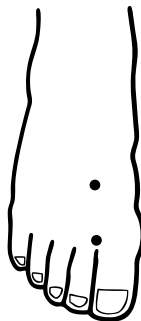


Gallbladder point is on
top of the shoulder and
3 finger widths down
from the base of the neck



4. Liver Meridian

Gardenia Blend



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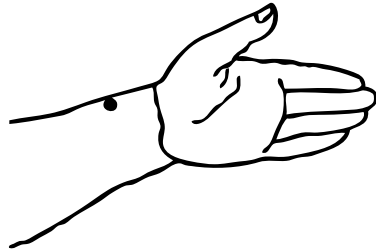
The Eight Extraordinary Meridians

(Apply the oil to both the master point and the coupling point)

For each of the extraordinary meridians, when treating **men**, apply the oil to the master point on the **left** side of the body first, and then apply the oil to the coupling point on the **right** side of the body.

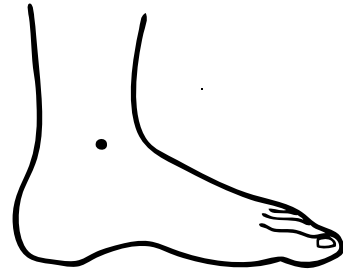
For **women** apply the oil to the master point on the **right** side of the body first, and then apply the oil to the coupling point on the **left** side of the body.

13. Ren Mai



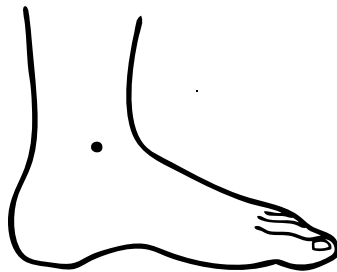
Master Point

Lily Blend



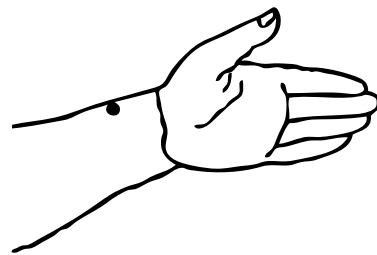
Coupling Point

14. Yin Qiao Mai



Master Point

Luxor Blend

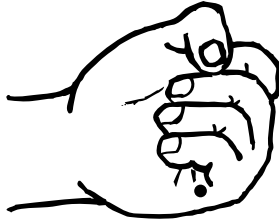


Coupling Point

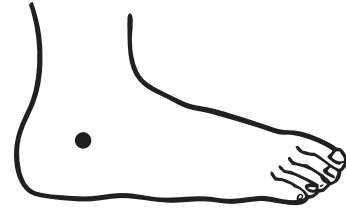
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15. Du Mai

Secret of Nefertiti Blend



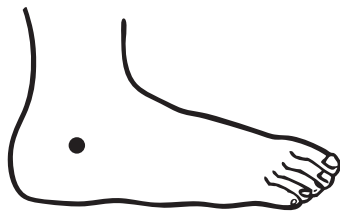
Master Point



Coupling Point

16. Yang Qiao Mai

Hathor Blend



Master Point



Coupling Point

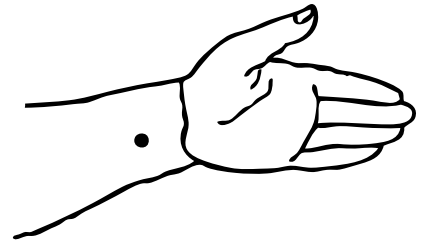
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17. Chong Mai



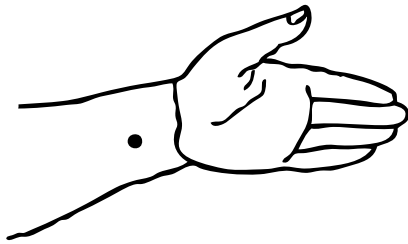
Master Point

Magnolia Blend



Coupling Point

18. Yin Wie Mai



Master Point

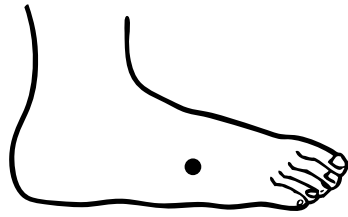
Papyrus Blend



Coupling Point

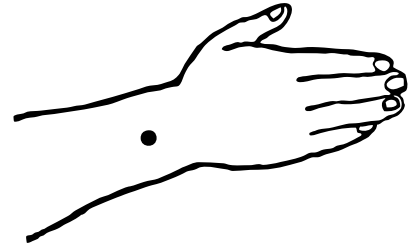
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19. Dai Mai



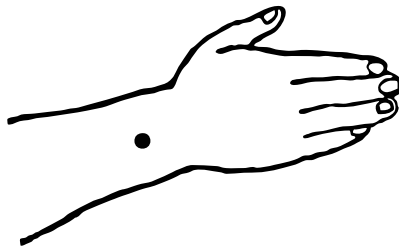
Master Point

Blue Lagoon Blend



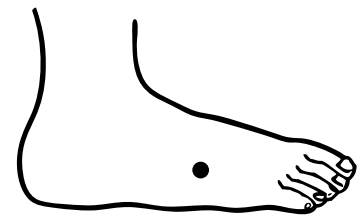
Coupling Point

20. Yang Wie Mai



Master Point

Arabian Nights Blend



Coupling Point

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The information in this booklet is not intended to diagnose illness or to constitute medical advice or treatment. All healing takes place within self.

Please follow all regulatory guidelines of your specific municipality in terms of assisting others, even with their express consent. A physician should be consulted for any necessary medical attention.