

Energy Medicine For Healthy Living™

Harmonize the Fire™

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Harmonize the Fire™

Harmonize the Fire™ was designed to balance Triple Warmer and Adrenals as many people today are faced with stress and adrenal fatigue. After working with it for some time, Dr. Melanie found that other hormones began to respond like: Thyroid, Thymus, Cortisol, Progesterone, Estrogen, and Testosterone. Consequently, the Pineal, Pituitary, and Hypothalamus also begin to function more smoothly.

You are among the first to experience this wonderful new technique to bring harmony and balance to that out-of-control Fire Element. The Fire Element consists of Heart, Small Intestine, Triple Warmer and Circulation Sex Meridians. Learn how these meridians come together to bring harmony and balance to the 5-Rhythm Flow and Control Cycles of the Fire Element. Also, the Control Cycle of Water with its Kidney and Urinary Bladder meridians now begins to work in harmony with the Fire Element; another important function is the balancing of Yin and Yang relationships.

Why Use Harmonize the Fire?

Harmonize the Fire offers new insight into balancing hormones and de-stressing the body. This technique gives you a way to go under Triple Warmer's radar. It takes Triple Warmer off of alert so other energies can now safely start to connect and communicate giving the body's energies a chance to create new habits. Harmonize the Fire has been used:

- To Harmonize the Fire Element, it's associated meridians (Heart, Small Intestine, Triple Warmer, Circulation Sex)
- To balance Adrenals, Thyroid, Cortisol, Thymus, Pineal, Pituitary and Hypothalamus
- To resolve hormone issues – hot flashes, night sweats, insomnia, weight gain
- To shift hidden Triple Warmer habits
- To stabilize emotional shifts – panic, anxiety, PTSD
- To calm, ground, and center
- To help the body adapt to a new way
- To balance and harmonize the Chakras – especially the 4th Heart Chakra
- To address heart related issues
- To balance hormones during pregnancy and to stimulate hormone production for infertility

Unique Aspects

Harmonize the Fire seems to balance a variety of Energy Systems including the 5-Elements, Meridians, Chakras, Electrics, Triple Warmer/Spleen, and Radiant Circuits. It is an excellent adjunct for anyone using Energy Medicine for Women exercises. This technique can be used alone or as a pre-balance for other energy work. It is NOT intended to be a self-care modality, however, the protocol or portions of it can be given for homework following a Harmonize the

Fire session. The technique works best when received by a practitioner allowing the client to fully relax. Clients will often fall asleep and wake feeling restored.

This technique offers the practitioner the opportunity to develop and deepen your intuitive sense. With Harmonize the Fire you will also learn the power of working with Sound Healing to release energy blocks and move energy. While toning or chanting is optional, you may find it really speaks to you as you begin to learn more about it in a safe environment. If you are feeling drawn to toning, it is very important that you have your client's permission prior to using this modality.

Before You Begin

Using Energy Tracker to test the body, you will want to determine imbalances in as many different energy systems as you can. You may want to energy test for basic energy disorganization, polarity, grounding, Alarm Points, Chakras, Radiant Circuits, Electrics, 5-Rhythm Flow and Control Cycles. It is also helpful to check for Hormonal imbalances with adrenal, cortisol, thyroid, thymus, pineal, pituitary, and hypothalamus points. The energy testing offers a gauge for what is out and then an opportunity to retest to see what is balanced after performing the protocol.

However, if your client presents with any of the above imbalances, you may choose to do Harmonize the Fire without any energy testing especially if your client is in a "heightened" emotional or stressed state. While this protocol is very structured and systematic, it is designed to serve only as a foundational guide. You may want to work with this technique on an intuitive level and let the client's energies guide you. If you are feeling a need to connect up other circuits, to change the order, or skip a step, then by all means follow your guidance. You may find you need to reposition yourself while holding a circuit or be inclined to disconnect and move your hands off the client's body for a moment. Breaking a circuit is fine. You can actually stop anywhere in the process and resume.

Frequently when using Harmonize the Fire an underlying emotion may present itself. Dr. Melanie found this to be especially true since you are working with hormones. Emotions may present themselves at any point during the process. Frequently connecting any points over the 4th Chakra will elicit an emotional response. This is an opportune time to shift into the Advanced Clearing and Manifesting Energies Protocol or any of your favorite emotional balancing techniques. Once the emotion has cleared and your client is calm, you may resume Harmonize the Fire where you left off. You may also find yourself running out of time after the emotional balancing and unable to resume. Not to worry the circuits that were connected will begin to move hormones and balance the energy. Giving your client an opportunity to integrate the experience is important.

Since so many systems are being connected, you can use Harmonize the Fire repeatedly with the same client. However, it is important to have at least 24 hours between sessions to allow for integration. Each session offers a different experience for the client depending on where the primary imbalances are located. Integration time is vitally important with all energy work and most certainly is the case when emotions are involved.

Harmonize the Fire™ Quick Steps

1. Begin with the client face down by activating the Mingmen Point located on each side of the second lumbar vertebrae at GV4 followed by a Belt Flow, Rocking and Spinal Flush.
2. Face up -- begin with a Belt Flow, opening the gates, K1 wave and Vortex Revival.
3. Harmonize Triple Warmer by massaging all points on the Triple Warmer meridian with one hand while holding the Triple Warmer Source Point (TW 4) with your other hand. Now trace the Triple Warmer Meridian backwards 3-4 times and repeat on other side.
4. **Position A** – hold your left hand on Triple Warmer Neurovasculars at the temples (using your thumb and middle finger will offer you the greatest reach across their eyebrow and forehead area) while your right hand (3-Finger Notch) holds **Positions 1-11** until each circuit hooks up or for 3-5 minutes. Please use the time only as a guideline. You will find most positions will connect within about 3 minutes, however, you may feel guided to hold some circuits for much longer and others for only a minute or two. Hold the following circuits in sequence connecting **A ~ TW NV to #1 - 11**:

#1 Adrenal Points (1" above and out from navel)

#2 Para Thyroid (at Adams Apple)

#3 Thyroid (TW Neurovascular and Alarm Point at notch above clavicle)

#4 K27 (hollow below clavicle on each side of breast bone)

#5 Thymus (middle upper breast bone area)

#6 Circulation Sex Alarm Point (between nipples)

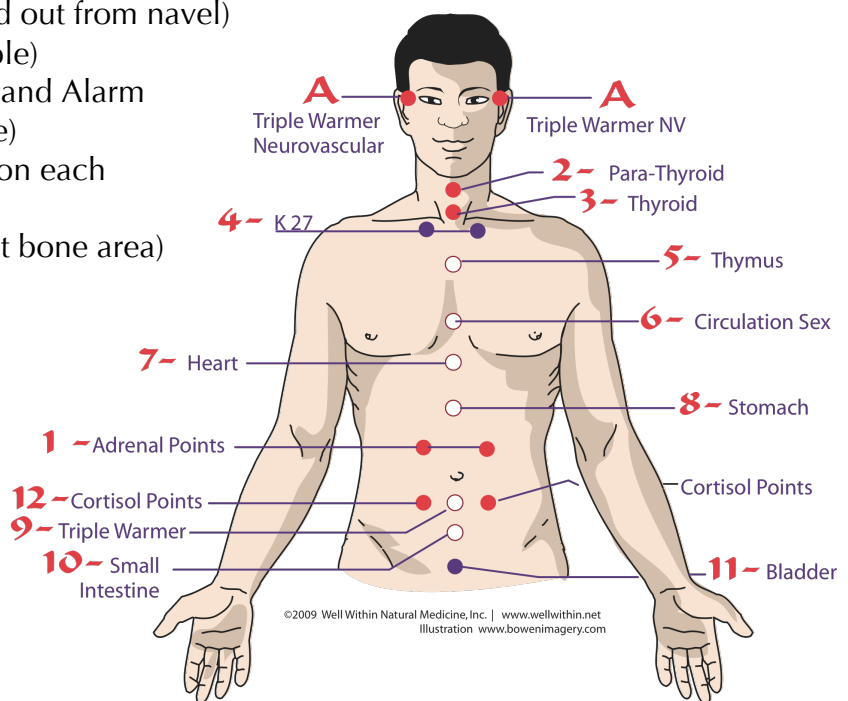
#7 Heart Alarm Point (below xiphoid process)

#8 Stomach Alarm Point (midway between Heart Alarm and navel)

#9 Triple Warmer Alarm Point (1" below navel)

#10 Small Intestine Alarm Point (1" below TW Alarm)

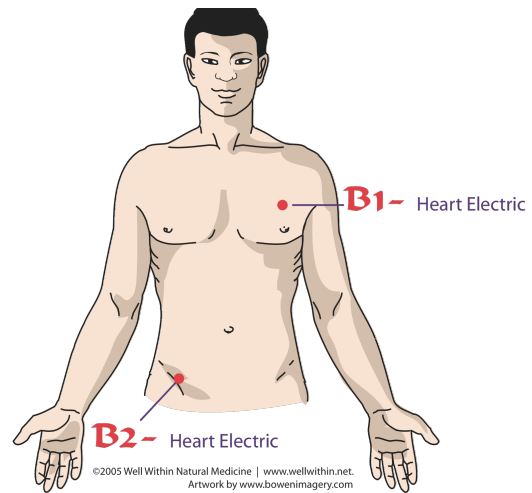
#11 Urinary Bladder Alarm Point (at top edge of pubic bone below SI)



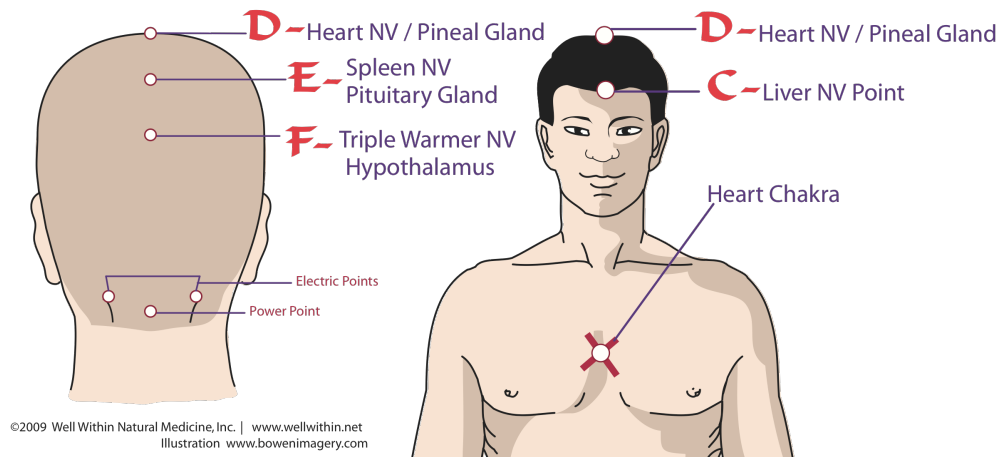
5. Move **Left hand to K27** and move **Right hand to #11 Urinary Bladder Alarm Point**. An additional series of circuits you can use to balance Kidney/Yin with SI, TW and Cortisol Points would be connecting **K27 to #11, #10, #9** and then **#12** in that order.

6. Move **Left hand over 6 ~ Heart Chakra** and connect **Right hand with #10, #9, #12**.

7. Electric Hook Up – Move **Left hand to B1**
Heart Electric Point with **Right hand at B2**
8. Move **Left hand over Heart Chakra** and
connect **Right hand with D ~ Heart NV on**
Crown.
9. Move **Left hand to C ~ Liver NV** at hairline
and connect **Right hand with D ~ Heart**
NV (pineal) on Crown.



10. Keep **Left hand on C ~ Liver NV** at hairline and connect **Right hand with E ~ Spleen NV**
(pituitary).
11. Keep **Left hand on C ~ Liver NV** at hairline and connect **Right hand with F ~ TW NV**
(hypothalamus).



12. Hold **G ~ Seed Cell Triple Warmer Rub** (Vulcan
hold).
13. Hold **H ~ Spleen Neurovasculars** (1" above ear).
14. For the closing you may choose from any or all of
the following or add your own: 9 Hearts, Zip Up,
Regulator Flow, Figure 8's, or Tibetan Energy Rings.

