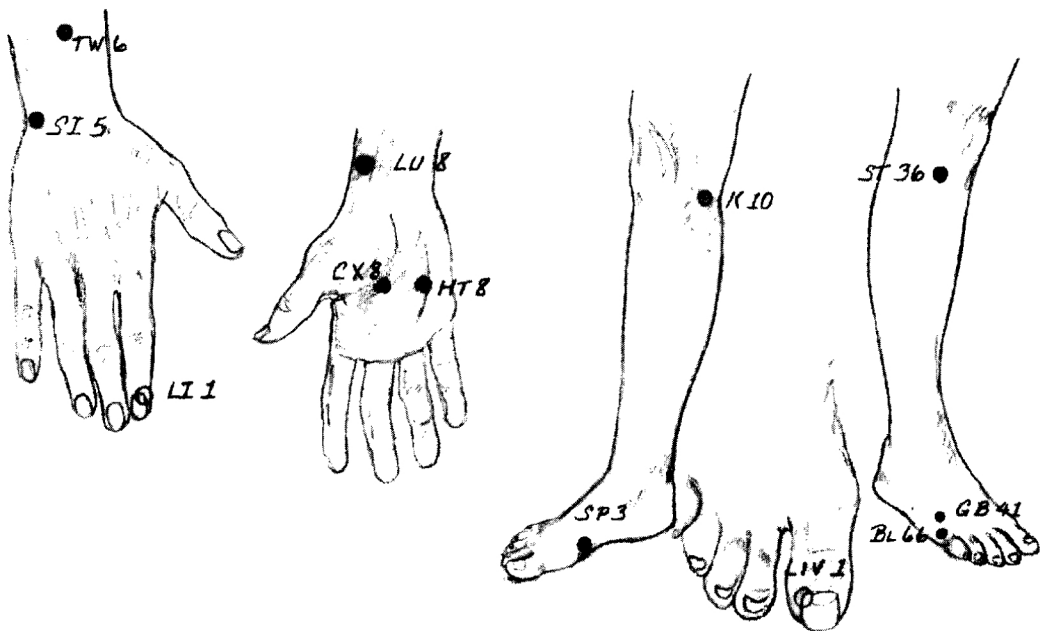


Jet Lag Breaks Your Alignment with the Earth's Meridians. Jet lag occurs when your body is unnaturally yanked from the electromagnetic environment to which its meridians have acclimated and into a time zone that is not in phase with them. The body continues to operate according to the time zone in which it began. If you fly from Los Angeles to London, leaving at noon, you begin with your body in heart time (see Figure 29). During the ten-hour trip, you pass through five two-hour time segments, so your body has moved into triple warmer time. It is triple warmer time in the city where you started, and it is triple warmer time in your body, but it is large intestine time in London. Because your meridians are no longer in synch with the Earth's meridians, you experience jet lag.

Any energy technique for jet lag will work better if during the flight you also get up every couple of hours and stretch. I travel a great deal in my work, and I have found over the years that what works best for me is to:

- 1.** Do the three thumps every couple of hours while breathing deeply. The first thump, K-27, ensures that your meridians are not running backward; the second thump, the thymus, fortifies your immune system, protecting you against any germs on the plane; the third thump, the spleen, also assists in immune strength, and it balances blood chemistry as well.
- 2.** Do the Separating Heaven from Earth exercise (page 249) every couple of hours. Also stretch the calves and any other parts that want to be stretched.

An easy method that stabilizes your body as you go through time zones involves the use of magnets. Get two round magnets and determine which is the true north and which is the south side of each (see pages 300–301). Tape the magnets to your belt so one magnet is on the left side of your body and the other is on the right side. The magnet on the left should have its north polarity facing your body. The magnet on the right should have its south polarity facing your body. Remove the magnets or the belt shortly after reaching your destination city. Never wear magnets for more than twenty-four hours. The benefits of this technique are related to the fact that when you fly, you are not as connected to the Earth's electromagnetic field, and the magnets on your body act to counterbalance the deficit.



■ Figure 29. ■

JET LAG PRESSURE POINTS

TIME OF DAY	MERIDIAN	ACUPUNCTURE POINT
5 a.m.—7 a.m.	Large Intestine	LI 1
7 a.m.—9 a.m.	Stomach	St 36
9 a.m.—11 a.m.	Spleen	Sp 3
11 a.m.—1 p.m.	Heart	Ht 8
1 p.m.—3 p.m.	Small Intestine	SI 5
3 p.m.—5 p.m.	Bladder	BI 66
5 p.m.—7 p.m.	Kidney	K 10
7 p.m.—9 p.m.	Circulation-Sex	Cx 8
9 p.m.—11 p.m.	Triple Warmer	TW 6
11 p.m.—1 a.m.	Gall Bladder	GB 41
1 a.m.—3 a.m.	Liver	Liv 1
3 a.m.—5 a.m.	Lungs	Lu 8

Two additional methods for countering jet lag actually reset the low and high tide periods of your meridians according to the time zone in the destination city. The first technique involves tapping acupuncture points. Photocopy Figure 29, take it with you on the plane, and:

- 1.** As soon as you are seated on the plane, identify the current time and the current time at your destination city.
- 2.** Look at Figure 29. Next to the two-hour time segment that includes the local time is the name of the meridian that is in its power time and an acupuncture point. Find this acupuncture point in the drawing.
- 3.** Next to the two-hour time segment that includes the current time at the destination city is the name of another meridian and acupuncture point that are in their power time. Find this acupuncture point in the drawing.
- 4.** With some force, tap both acupuncture points, simultaneously or in sequence, for about a minute. First tap the points for the current time and the destination time on one side of your body, then the other.
- 5.** Repeat every two hours on the next pair of meridians. That is, move down the list to the next meridian below the original local time and to the meridian below the original time at the destination city. If you sleep through the specified time, simply tap the points that bring you up to date after you awake.
- 6.** If the flight will be eight hours or longer, find the acupuncture point associated with the anticipated arrival time. For the last four hours of your flight, tap this point, simultaneously on the left and right sides of the body, for a minute every hour.
- 7.** This technique can be augmented by a round magnet with a hole in the center so you can hang it from a string or from dental floss. After tapping each acupuncture point, spin the magnet over the point, three or four spins in each direction.

A second way of countering jet lag involves tracing the meridians rather than tapping the acupuncture points. Although it is more complex, if you already know how to trace your meridians, you might prefer this technique.

- 1.** Tap K-27 (page 64), Cross Crawl (page 69), and trace your meridians (Figures 10–23) before you get on the plane. After tracing central and governing, trace the meridian whose power time on the Meridian Flow Wheel (Figure 28) matches the time of day. If you are tracing your meridians at 6 p.m., for instance, you would find that the kidney meridian is in its power time from 5 p.m. to 7 p.m.
- 2.** Continue clockwise on the wheel through the other eleven meridians. End with the meridian you traced first (e.g., kidney if you began at 6 p.m.) and then central and governing.
- 3.** About halfway through the flight, reset your watch according to the location over which you are flying and, in a place where you can stand, trace your meridians according to the current time, entering the wheel at the meridian that is in its power time. Always begin with K-27, Cross Crawl, central, and governing.
- 4.** After arriving at your destination, trace your meridians once more according to the new local time.