

Dealing Energetically with Jet Lag

The two-hour meridian cycles can be readily understood if you have ever had jet lag. You leave from Vancouver at 1 p.m. and arrive five hours later in Toronto, but you have also flown through three time zones, so the clock says it is 9 p.m. But your body thinks it is 6 p.m. The meridians of the earth do not correspond with the way your body's meridians had adjusted to the earth's meridians when you were in British Columbia.

The correction is simple, which is to get your meridians to flow, as they should at 9 p.m. rather than at 6 p.m. You do this by tracing your meridians beginning at *Toronto time* (determine from the Wheel though, as always, begin and end with Central and Governing). This jump-starts your meridian system into Toronto time. It is good to first do the Three Thumps and then the Crossovers before tracing your meridians.

For particularly long flights that take you through many time zones, you might find it necessary to trace your meridians more than just at the end of the flight. Trace them a couple of times during the flight, using the *current time in your destination city* to determine (from the Wheel) which meridian to begin with. Doing the Daily Energy Routine once or twice on long flight is also always beneficial.

Meridian Flow Wheel

