



Protocol: Yin Nourishing for Lungs During Fires

How are the fires out your way?? So much trauma, new and revisited, as we now struggle to breathe the air with hundreds and hundreds of fires burning at once:

Ground yourself with Ohm Unison (listening and on Kidney 1).

If you have 2 Low Ohms, listen and ground with those as well.

Use the Spread between Lung 1 and Liv 14

Clear congestion and burning sensation with Zodiac /Ohm:

Zodiac on Lung 1 and Ohm on Liver 14

Next layer is New Moon/Ohm, which cools and moistens the lungs and creates a sense of expansion in the chest.

You can also spread from Lung 1 to Lung 7 or LI 4 with Zodiac and Ohm, follow with New Moon/Ohm. If you are feeling dryness and phlegm, add a layer of Full Moon /Ohm as well.

If you have Mercury, add that for its affinity with the Lung and help with clearing toxins. Use on same points above and if the air is truly hideous, with all kinds of particulates, put on your masks (the kind that filter out particles!) and add Liver 3 and LI 4.

Zodiac/ohm

Chiron/Ohm

Mercury/Ohm

Calm yourself with New Moon/Ohm on Third eye, on your Crown chakra (Du 20), at your heart and then your 2nd chakra.

And ground with Ohm, for you, for your neighbors, for all those who have been torn from their homes.