MERIDIAN ENERGIES

Your Wellness Report

What your three assessments found, explained simply

PREPARED FOR	DATE	PRACTITIONER
Sample client	Sample report	Paul McDonald

START HERE

Your results in one page

Your body's energy was looked at in three different ways today. You don't need to understand the technology to use this report. Here is what matters most.

1 **Your foundation is strong**
Your overall energy is full, even, and well balanced from left to right. Your sense of stability and your heart centre are real strengths.

2 **Your mind is working overtime**
All three views point the same way: a busy, hard-working mind that rarely switches off. This is the number one thing to look after.

3 **You're holding tension**
Tension is showing up in your jaw and digestion, and in your lower back.

4 **Your reserves are a little low**
The areas linked to rest and recovery are running lower than the rest of you.

WHAT WILL HELP MOST

Rest your mind (screen-free evenings, a few minutes of slow breathing), **let go of tension** (unclench your jaw, stretch your lower back), and **rebuild your reserves** (sleep, water, regular meals). Page 8 has simple ways to do each.

HOW THIS REPORT IS ORGANISED

PART 1	PART 2	PART 3
Biophoton session	**Imago scan**	**GDV energy field**
Measures energy at your fingers and toes, then helps rebalance it	Looks deeper, system by system	A photograph of your whole energy field and energy centres

SAMPLE

PART 1

Your Biophoton Session

Measured with the Chiren®

IN PLAIN WORDS

What are biophotons?

Every cell in your body gives off a tiny amount of light, far too faint to see. These tiny particles of light are called **biophotons**. Scientists have measured them for about a hundred years, and they have even been photographed coming from the human body. How much light a cell gives off changes with how active or stressed it is.

The idea behind this therapy is that when your body's light is orderly, your body is better able to look after itself.

HOW IT WORKS

What happened in your session

1

We measured

A small, painless probe touched points on your fingertips and toes. Each point is linked to a part of the body, and the reading shows whether that area is low, balanced, or overactive.

2

The Chiren® rebalanced

The Chiren® picked up the light your own body gives off, strengthened the orderly part, and sent it back. Nothing artificial was added. Think of it like tuning an instrument.

3

We measured again

The same points were read again at the end, so you can see how your body responded.

THE THREE PROGRAMS

What the Chiren® worked on

Hormonal Balance

Always done first. Helps your hormone system settle, so your body can recognise again what it needs to do.

Digestive Balance

Supports your digestion and helps your body start its own healing.

Energy Integration

16 minutes to help the left and right sides of the brain work together. Chosen for your busy mind.

SAMPLE

PART 1 · YOUR RESULTS

What we found, and how you responded

Each line shows one area of the body. The **white dot** is where it started and the **dark dot** is where it finished. The middle (green) zone is balanced.

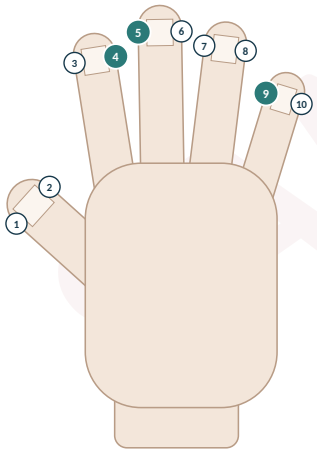
Area of the body	Start → finish	What it means
Mind & nerves Right index finger		Very busy at the start; much calmer by the end.
Heart & circulation Right middle and little fingers		Working a little hard; settled into balance.
Stomach (linked to the jaw) Right second toe		Slightly tense; settled into balance.
Kidneys & bladder (linked to the lower back) Right little toe		Running low; starting to rebuild.

Sample readings shown for illustration.

WHERE WE MEASURED

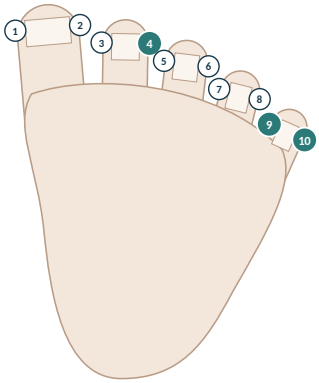
Your measurement points

RIGHT HAND



4	**Mind & nerves** index, outer side
5	**Circulation** middle, thumb side
9	**Heart** little, thumb side

RIGHT FOOT



4	**Stomach** 2nd toe, outer side
9	**Kidneys** little toe, inner side
10	**Bladder** little toe, outer side

Each point sits at the side of a fingertip or toe. The same points on your left hand and foot are measured too.

SAMPLE

PART 2

Your Imago Scan

Sensitiv Imago bioresonance

IN PLAIN WORDS

What does the Imago do?

Everything in the body has its own natural rhythm or "hum." While you sit and relax wearing a light headset, the Imago listens to these rhythms, organ by organ, and compares each one with a large library of patterns. It then shows which body systems are coping well and which could use support.

Because it looks one layer deeper, it can also pick up things the body may be carrying, such as stress from the environment, and suggest matching Bach Flower remedies.

Imago scans: these sample results come from one client's two scans, taken five weeks apart, with personal details removed.

SAMPLE RESULTS

What an Imago scan shows

Body system	Status	In plain words
Digestion	Main focus	The area needing the most support, though several parts were already improving.
Breathing	Improved	The biggest single improvement between the two scans.
Veins & circulation	Improved	Clearly stronger at the second scan.
Liver & gallbladder	Improving	Moving in the right direction.
Back & joints	Keep an eye on	Still showing up; ongoing support suggested.
Stress & nerves	Keep an eye on	Stress patterns present; calming support suggested.

IT ALSO LOOKS AT

Environmental stress

Traces of things like metals, moulds, or chemicals the body may be dealing with.

Unwanted guests

Patterns linked to bacteria, yeast, or parasites.

Support programs

A list of balancing programs matched to you.

Bach Flowers

Remedies that matched, such as Elm (feeling overwhelmed).

SAMPLE

PART 3

Your Energy Field

GDV biofield scan

IN PLAIN WORDS

What does the GDV do?

You placed each fingertip on a small glass plate, and a special camera photographed the faint glow around it. Each finger is linked to different parts of the body. The computer puts all ten photos together into one picture of your whole **energy field**, the energy around your body, and works out how strong and balanced it is.

YOUR RESULTS

What your energy field shows

What we looked at	Your result	What it means
Overall energy	Strong	Your energy field is full and healthy in size.
Left-right balance	92% balanced	Very even. Over 90% is a good sign.
Energy reserve	Normal	Your “fuel tank” is at a healthy level on both sides.
Emotional side	A little unsettled	The left side of the field is linked to emotions. It was slightly less calm than the right, suggesting some emotional strain.
Energy centres	6 of 7 balanced	Your third eye (thinking) centre is working overtime. See the next page.

AREAS THAT STOOD OUT

Where your field was quieter or tighter

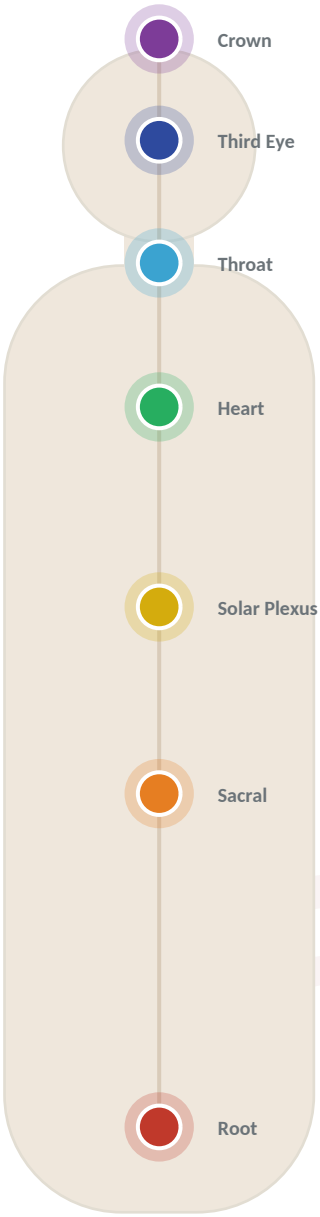
Head & thinking	Very active	Plenty of energy going to the head; linked to your busy mind.
Jaw	Uneven	The two sides of the jaw read quite differently, a sign of held tension.
Lower back (right side)	Low	One of your two lowest readings; linked to your reserves.
Heart & circulation zone (right side)	Low	Your lowest reading. This is an energy reading, not a heart test. See the doctor note on page 8.

SAMPLE

PART 3 · YOUR ENERGY CENTRES

Your chakras and what they mean

Chakras are seven energy centres that run from the base of the spine to the top of the head. Each is linked to parts of the body and to parts of your life. Here is what each one means, how yours read, and one simple way to support it.



Crown Sahasrara
Top of the head
Purpose, perspective, feeling connected to something bigger
Balanced
Try: A few minutes of quiet or time in nature

Third Eye Ajna
Forehead, between the eyes
Thinking, focus, imagination, intuition
Working overtime
Try: Screen-free last hour; single-task instead of multitask

Throat Vishuddha
Throat and neck
Speaking up, expressing yourself, creativity
High end of balanced
Try: Say what you mean, calmly; hum or sing

Heart Anahata
Centre of the chest
Love, care, kindness to yourself and others
Balanced · a strength
Try: Unhurried time with people you love

Solar Plexus Manipura
Upper stomach
Confidence, willpower, getting things done
Balanced
Try: Slow belly breathing; morning sunlight

Sacral Svadhisthana
Lower belly
Creativity, pleasure, going with the flow
Balanced
Try: A hobby just for fun; drink enough water

Root Muladhara
Base of the spine
Safety, stability, feeling grounded
Strong · your anchor
Try: Walk outdoors; keep a steady daily routine

SAMPLE

BRINGING IT TOGETHER

Where all three agree

When different methods point to the same thing, it is worth paying attention to. Here is how the three parts of your report line up.

Theme	Biophoton	Imago	GDV
Busy mind	Mind & nerves very busy, then calmer	Stress patterns*	Third eye working overtime
Jaw & digestion tension	Stomach point slightly tense	Digestion a main focus*	Jaw reading uneven
Lower back & reserves	Kidneys & bladder running low	Back & joints*	Lower back low
Heart area	Heart & circulation working hard	Circulation*	Heart zone lowest reading

**Imago results shown from another client.*

HOW YOU MAY BE FEELING

The emotional side

Each area of the body is traditionally linked with a feeling. These are gentle ideas to think about, not judgements. Take what fits and leave the rest.

Busy mind	Overthinking	Your mind stays "on," planning and analysing, even in the evening.
Jaw & stomach	Worry held in	Clenching when stressed; turning things over instead of letting them go.
Heart	Guarding yourself	Looking after everyone else first, and keeping your own needs to one side.
Kidneys & lower back	Running on empty	Pushing through tiredness; a quiet need for rest and feeling secure.
Root & heart centres	Your strength	Steady, grounded, and caring. This is what you can lean on.

A NOTE FROM PAUL

Your foundation is strong, and that is good news. The clearest message from all three assessments is a mind that works very hard, with tension held in your jaw and lower back. The most helpful thing right now is to give your mind real rest and let your body refill its reserves.

Something to think about: When does your mind truly switch off? What would genuinely recharge you?

SAMPLE

YOUR NEXT STEPS

What you can do

Rest your mind
Put screens away for the last hour before bed. Try 5 minutes a day of slow breathing: in for 4, out for 6.

Let go of tension
Several times a day, notice your jaw. Let your teeth part and your tongue rest. Gently stretch your lower back.

Ground yourself
Take a daily walk, outdoors if you can, paying attention to your feet and your breath.

Refill your reserves
Aim for 7 to 9 hours of sleep, drink plenty of water, and don't skip meals.

YOUR PLAN

What comes next

Today	Biophoton session and GDV scan
Next 6 weeks	Biophoton sessions every 1 to 2 weeks, measuring each time
Week 2	Your Imago scan, for a deeper look
Ongoing	A personal Bach Flower blend
Week 8	A second GDV scan, so you can see what has changed

PLEASE SEE YOUR DOCTOR IF

You have chest pain or pressure, shortness of breath, a racing or irregular heartbeat, or back pain that is severe or won't go away. The readings in this report are energy readings. They are not medical tests and cannot tell us about the health of your heart or any organ. If stress or low mood ever feels hard to manage, your doctor can help with that too.

BOOK YOUR NEXT SESSION

Scan or call 416.444.1105

paul@meridianenergies.ca

YOUR PRACTITIONER

Paul McDonald

Founder, Meridian Energies Inc., with over 30 years in energy wellness.

Please note: The Chiren®, Sensitiv Imago, and GDV are complementary wellness tools. They look at energy patterns, have not been proven as medical tests, and do not diagnose or treat any illness. Body and organ names in this report describe energy patterns only. Please keep up any medical care and talk to your doctor about any health concerns. This is a sample report with personal details removed.

SAMPLE