

### 9.4 Meridians

#### 9.4.1 Where from

The meridian system (also called “channel network”) was originally recognised in traditional Chinese medicine (TCM) as paths through which the life-energy known as “qi” (“chi”) flows. The acupuncture points (acupressure points or acupoints) sit along the meridians. There are 12 principle meridians, connected energetically to organs, and eight extraordinary meridians, considered to be storage vessels or reservoirs of energy.<sup>1</sup>

#### 9.4.2 Analogy

The meridian system is an energy transportation system. We have arteries and veins that carry blood around the body, and the meridians do the same with energy. As spiritual healers, we are told that we can put our hands anywhere on the body and the energy will flow to wherever it is needed. That is true because of the work of the meridians – they carry the energy around the body.

#### 9.4.3 Proof

Initially discounted by the West, meridians are recognised as part of the conceptual and energetic framework of TCM and they're real and useful in that context. However, they are not physical structures that can be observed in the same way as blood vessels or nerves.

- Some researchers have studied electrical conductivity or infrared imaging along acupuncture points and meridians, suggesting that there may be physiological correlates worth further investigation. They can trace some parts of the meridian pathways. A 2018 study used infrared imaging to track thermal changes along the governing meridian (Du Mai) pathways<sup>2</sup>. Electrodermal studies show lower electrical resistance along meridian lines.<sup>3</sup>

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<sup>1</sup> Wikipedia, “Meridian (Chinese medicine)”, 7/7/18, [www.en.wikipedia.org/wiki/Meridian\\_\(Chinese\\_medicine\)](http://www.en.wikipedia.org/wiki/Meridian_(Chinese_medicine))

<sup>2</sup> Chen J., Yao C., Yeh C., Huang C., & Lee Y. (2018) “Infrared Thermography of the Bladder Meridian in Patients with Dysmenorrhea: A Pilot Study”, *Evidence-Based Complementary and Alternative Medicine (eCAM)*, DOI: 10.1155/2018/3253609

<sup>3</sup> Langevin H.M & Yandow J.A.(2002) “Electrical Properties of Acupuncture Meridians: The Relevance of Subcutaneous Collagenous Bands” *Journal of Acupuncture and Meridian Studies* (formerly *JAMS*), DOI: 10.1016/S2005-2901(09)60040-4; and

Kim et al (2008) “Skin Electrical Conductance at Acupuncture Points in Healthy Humans” *Journal of Acupuncture and Meridian Studies* (formerly *JAMS*), DOI: 10.1016/S2005-2901(09)60014-3

- Others propose that meridians may loosely align with fascia networks, nervous system pathways, or interstitial fluid channels, but these ideas are still under debate and haven't been universally accepted.

If wanting to track the meridians, research has shown partial success but nothing has reliably accounted for the entire meridian pathways. Research is ongoing and combined methods using infrared imaging (IR), bioelectrical imaging and functional MRI (fMRI) analysis might offer better insights, but no one imaging technique has yet confirmed meridians as TCM describes them.

Note that meridians are not stable in their shape, size or location so drawings of them depict their approximate location. As spiritual healers, we only need to put our hands near them to influence them as both are working with energy.

### **9.4.4 Description**

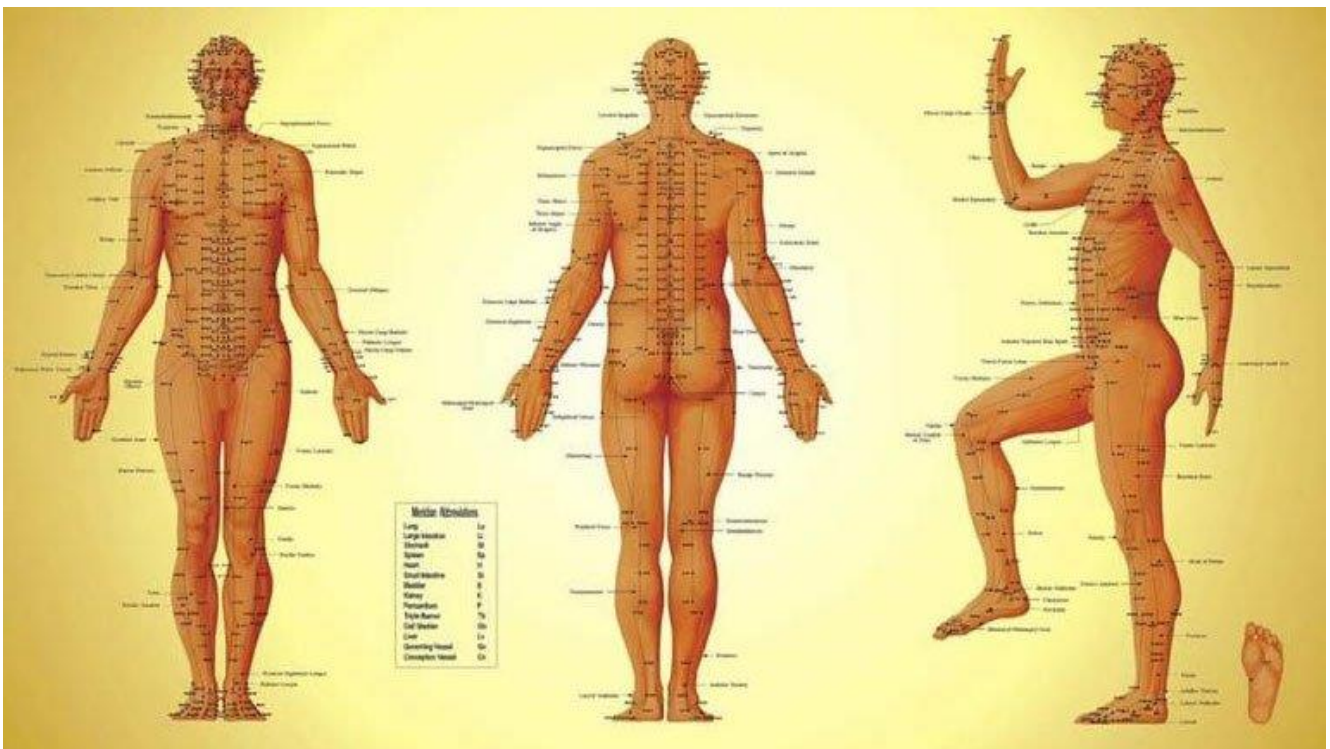
Each of the twelve main meridians is part of a single energy pathway – it runs through the body and surfaces twelve times to appear just under the skin as twelve individual segments. Each is named after the primary organ or system it services deeper in the body.<sup>4</sup> These meridians run vertically and are also bilateral: they have symmetrical pathways on either side of the body. Meridians are considered in pairs which complement each other, one being Yin (energy flowing up the body) and the other being Yang (energy flowing down the body).

The central and governing meridians, which are extraordinary meridians, are considered both meridians and part of the radiant circuits. They also carry energy but they open more directly to the environment. External energies surrounding a person can enter and exit through them, including those channelled by a spiritual healer. See the following diagram.<sup>5</sup>

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<sup>4</sup> Donna Eden with David Feinstein, [Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality](#), (London, Piatkus, 2008) p.111

<sup>5</sup> Diagram from article by Arjun Walia, 10/5/2016 "Science is Finally Proving the Existence Of Meridian Points Throughout The Human Body", *Collective Evolution*, [www.collective-evolution.com/2016/05/10/science-is-finally-proving-the-existence-of-meridian-points-throughout-the-human-body/](http://www.collective-evolution.com/2016/05/10/science-is-finally-proving-the-existence-of-meridian-points-throughout-the-human-body/)



### 9.4.5 What they affect

Because the meridian system moves energy, it is instrumental in bringing a client vitality and balance, removing energy blockages, adjusting his/her metabolism, and even determining the speed and form of cellular change. Meridians not only affect every organ but every physiological system, including the immune, skeletal, muscular, circulatory, respiratory, nervous, digestive, urinary, reproductive, endocrine, lymphatic and skin systems. Each system is fed by at least one meridian. Energy blockages whether from stress, an injury or trauma, or bad living habits (diet, habits/addictions, lack of exercise) can be traced to subsequent health (physical/mental/spiritual) problems. This is because if a meridian's energy is obstructed or unregulated, the system it feeds is compromised.

In traditional Chinese medicine, emotions were also connected to the meridians – a person's emotions affected the flow of the energy in the meridians and vice versa. Dr John Diamond, a pioneer in the field of holistic healing, gave the world a Western version in the 1970-90s based on his research in Australia. A lot of things affect emotions and each person is psychologically and energetically unique, so finding differences between cultures, timeframes and individuals is understandable.

A similar relationship exists between the meridians and muscles, although TCM does not always correlate meridians directly with muscles in the Western anatomical sense. This connection seems to have been used in prehistoric times according to the Egyptian Papyrus



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Ebers 1550B.C. and, through his observations and research in the 1960-70s, Dr. George Goodheart rediscovered “Muscle Testing” and the knowledge of muscles being related to organs, glands and their related acupuncture meridians<sup>6</sup>. Now through the integration of TCM with modern practices such as applied kinesiology and meridian therapy, practitioners have drawn associations between specific meridians and groups of muscles. These associations are widely used in practices like Touch for Health, Applied Kinesiology, and Five Element Theory however the meridian-muscle relationships can vary by modality and practitioner.

The meridian pathways connect hundreds of tiny, distinct reservoirs of heat and electromagnetic energy along the surface of the skin. These acupoints (or acupressure points) can be stimulated with needles or physical pressure to release or redistribute energy along the meridian pathway. They are used by a number of Asian health therapies including Acupuncture, Acupressure, Tui na, Shiatsu, Jin Shin Do and Qigong– and some of the martial arts.

Both your meridians and your hands carry electromagnetic and more subtle energy, so your hands can influence the flow of energy when you have them in contact with the body or a few inches away from it<sup>7</sup>. As a spiritual healer, your hands may pick up disturbances in the energy flow (perhaps felt as changes in heat or coldness, or as tingling or stillness, depending upon how you sense energy), and you can strengthen the flow of energy around a meridian by tracing your hand around its pathway (reducing the flow by tracing your hand in the reverse direction).

To give you an idea of the impact your hand movements may have, the next table is a summary of each meridian’s impact upon our health.<sup>8</sup>

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<sup>6</sup> Dr. Ciprian, “Muscles are related to Acupuncture Meridians”, Last modified 10/10/2011, [www.muscletestingdoctor.com/muscles-are-related-to-acupuncture-meridians/](http://www.muscletestingdoctor.com/muscles-are-related-to-acupuncture-meridians/)

<sup>7</sup> Eden & Feinstein, *Energy Medicine: Balancing Your Body’s Energy for Optimal Health, Joy and Vitality*. p.114

<sup>8</sup> Table below summarised from:

Kirsten Nagy, “A Guide to the 12 Major Meridians of the Body”, Last modified 16/4/2018, [www.remedygrove.com/traditional/The-Guide-To-The-12-Major-Meridians-of-the-Body](http://www.remedygrove.com/traditional/The-Guide-To-The-12-Major-Meridians-of-the-Body); and Conscious Awareness, “Meridians”, <https://www.consciousawareness.info/meridians>; and Balanced Concepts, “MERIDIANS, CORRESPONDING ORGANS AND THEIR SYMPTOMS”, [www.balancedconcepts.net/meridian\\_muscles/meridians\\_organs\\_symptoms.pdf](http://www.balancedconcepts.net/meridian_muscles/meridians_organs_symptoms.pdf); and Cyndi Dale, *The Subtle Body Practice Manual: A Comprehensive Guide to Energy Medicine*, (Boulder, Sounds True Inc, 2013) pp.34-37; and Belinda Morris, “Emotions and Meridians” Last modified 10/5/15, [www.wimwib.com/words-of-wellbeing/2016/11/26/emotions-and-meridians](http://www.wimwib.com/words-of-wellbeing/2016/11/26/emotions-and-meridians);



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Meridian name	Main organs serviced	Rhythm & Yin/Yang	Physical interactions	Emotional interactions
<b>Lung</b>	Lungs. They are responsible for both respiration and the intake of energy. Accepts pure fluids from spleen, which are then mixed with air, and circulated through the body's blood and meridians.	Metal  Yin	The lung represents the bronchi, the immune system (protection from infections), allergies and the skin. The lungs regulate breathing and may be subjected to conditions such as bronchitis, asthma, and emphysema.  Symptoms of disharmony include the body being open to viral and bacterial infections, as well as perspiration and inflammation issues in the upper parts of the body, infections of the sinuses, throat and chest, problems with the olfactory organs (nose/sense of smell), asthma, allergies, coughing, panting, belching, restlessness, cold limbs and hot palms, shortness of breath, pain in the shoulder or forearm, adverse skin conditions, and general fatigue.	Psychologically it stands for communication problems.  In TCM, imbalances are associated with disappointment, sadness, grief, despair, anxiety, shame, and sorrow.  Dr John Diamond's interpretation is that it is the meridian of humility.  <i>Negative emotions:</i> contempt, disdain, scorn, haughtiness, false pride, intolerance, prejudice  <i>Positive emotions:</i> humility, tolerance, modesty

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Meridian name	Main organs serviced	Rhythm & Yin/Yang	Physical interactions	Emotional interactions
<b>Large Intestine</b>	Large Intestine. Colon, Rectum, and Appendix. The large intestine is responsible for the absorption of fluids, elimination of solid wastes. It extracts water from waste material and processes it before expelling it.	Metal  Yang	Imbalances relate to disturbances of bowel movements and of the lymphatic system of the intestines. It often points to toxicity build up in the intestines (toxins, heavy metals etc.).  Malfunction of this meridian can lead to abdominal pains and physical weakness; a greasy or spotty skin, frozen shoulder, tennis elbow and bursitis, diseases of the head, face, and throat.  Symptoms of disharmony include toothaches; runny noses and nose bleeds; swelling of neck; yellow eyes; dry mouth and excessive thirst; sore throat; pain in the shoulders, arms and index fingers; intestinal cramping, diarrhoea, constipation, and dysentery.	A psychological correlation is avoiding connections and fear of loss.  In TCM, the large intestine is affected by the emotions of sadness, grief, and worry.  On an emotional level, can manifest itself in emotional introversion, accompanied by feelings of depression, irritability, discouragement, distress, apathy, and low self-esteem. Also, difficulty with holding on or letting go.  Dr John Diamond's interpretation is that it is the meridian of self-esteem.  <i>Negative emotions:</i> guilt, shame  <i>Positive emotion:</i> self-worth
<b>Stomach</b>	Stomach and Sinuses.  The stomach's responsibility is to digest food, extract energy from it and distribute that	Earth  Yang	The stomach represents the production of digestive juices (stomach acid). Energy surplus reflects too much acid.  Disharmony of this meridian can lead to problems associated with the stomach (all digestive issues), eyes, sinuses, throat, spleen and pancreas; toothaches; mental issues (obsessively revisiting issues).	Psychologically: I am annoyed.  In TCM, the Stomach influences the mental state. Can lead to feelings of worry, nervousness, and a lack of acceptance. Also, mania or hypomania, confusion, severe anxiety, and hyperactivity.  Dr John Diamond's interpretation is that it

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	energy to the spleen and intestines.		Symptoms of disharmony include stomach aches, mouth sores, digestive problems, fluid in the abdomen, hunger, nausea, vomiting, thirst, mouth distortion, fluid retention, neck swelling, sore throat, shuddering, yawning, and a grey forehead.	is the meridian of content and calmness. <i>Negative emotions:</i> disgust, disappointment, bitterness, greed, emptiness, privation, nausea, hunger <i>Positive emotions:</i> contentment, tranquillity
<b>Spleen</b>	Spleen and Pancreas They cleanse and 'modify' the blood. They distribute nutrients throughout the body. Because of this they affect muscle and limb tone, controls digestion, and help regulate the flow of blood within the blood vessels.	Earth Yin	Spleen-Pancreas represents the composition of the blood and the lymphatic fluid as well as their toxin and waste loads, particularly waste in form of proteins. It is impaired by stress, by all kinds of waves and radiation (geopathic stress) and by toxins.  The main disorders associated with this meridian are abdominal problems (diarrhoea, constipation, bloating), digestive problems, metabolic problems, lack of appetite, prolapsed internal organs, weak muscles, and general fatigue. Can also cause brain fog and absentmindedness.  Other symptoms of disharmony include hepatitis, bleeding disorders, menstrual disorders, loose stools, flatulence, anorexia, stiffness, swollen or stiff knees or thighs, and pain at the foot of the tongue.	Psychologically: pondering over problems, obsession with thoughts.  In TCM, imbalances are associated with worry, excessive thinking, pensiveness, obsessiveness, remorse, regret, obsessions, and self-doubt.  Dr John Diamond's interpretation is that it is the meridian of confidence. <i>Negative emotion:</i> realistic fears of the future <i>Positive emotions:</i> faith and confidence about the future, security

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Meridian name	Main organs serviced	Rhythm & Yin/Yang	Physical interactions	Emotional interactions
<b>Heart</b>	Heart.  If affects the pulse/circulation, house of the spirit. It distributes blood to all the organs in the body.	Fire  Yin	<p>The Heart meridian stands for the blood vessels (Arteries), for the oxygen supply of the body. A person suffering from angina frequently experiences quite severe pain along this pathway.</p> <p>Malfunction of this meridian can appear as pain and weakness in the arm or wrist; skin problems; angina; breathlessness, heart attacks, chest pains, palpitations, dizziness, hot flashes/cold sweats, irritability &amp; insomnia.</p> <p>Other symptoms of disharmony include dry throat, thirst, pain in chest and along inner side of forearm, heat in the palms, yellow eyes, insomnia, and pain or cold along the meridian pathway.</p>	<p>Psychologically: emotional pressure and stress (accepting or rejecting people).</p> <p>In TCM, a healthy heart meridian allows for joy and bliss in one's life, while an imbalance can lead to hate, guilt, shock, nervousness, longing, craving and psychological problems like anxiety, depression, and bipolar disorder.</p> <p>Dr John Diamond's interpretation is that it is the meridian of forgiveness.</p> <p><i>Negative emotions:</i> anger, annoyance, rage</p> <p><i>Positive emotions:</i> love, forgiveness</p>
<b>Small Intestine</b>	Small Intestine and Duodenum.  It is responsible for taking nutrients and energy that it has removed from food and distributing them throughout the body. It is part of the digestion and	Fire  Yang	<p>Represents not only the mucous membrane of the small intestines, but also the mucous membranes of the nose and the throat area. Also the impact zone of food allergies.</p> <p>Malfunction of this meridian can cause many kinds of muscular-skeletal pain such as sore/stiff/frozen shoulder, stiff neck, tennis elbow, poor circulation, weakness in the legs, always feeling cold, acne, nerve pain, poor digestion, stomach distension, diseases of the</p>	<p>Psychologically relates to digesting emotional and mental demands and pressures.</p> <p>In TCM, imbalances are associated with a feeling of mental deficiency due to inability to assimilate ideas, and insecurity; forgetfulness, indecision, unclear thought process; restlessness and difficulty in expressing emotions.</p>

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	elimination process.		neck, ears, eyes, throat, and head.  Other symptoms of disharmony include fevers; swollen lymph glands or soreness in the throat; swollen chin/lower cheek; stiff neck; fixed head stance; hearing problems or deafness; tinnitus; yellow eyes; severe pain of shoulder, lower jaw, upper arm, elbow and forearm; digestive and urinary problems; intestinal disorders like irritable bowel syndrome.	Dr John Diamond's interpretation is that it is the meridian of joy.  <i>Negative emotions:</i> sadness, sorrow, grief, suffering  <i>Positive emotions:</i> joy
<b>Bladder</b>	Bladder and Urethra.  The bladder stores and eliminates urine, removes liquid waste from the body.	Water Yang	Represents the entire pelvic area including prostate, uterus, testicles, and ovaries and therefore also the sexuality.  Disorders associated with the meridian include eye weakness, sinus problems, stiffness in the neck and shoulders, sciatica, knee problems, headaches, back pains, and all urinary diseases, cystitis, and incontinence.  Other symptoms of disharmony include headaches; protruding eyeballs; runny nose; nasal congestion; yellow eyes; tearing eyes; nosebleeds; pain along spine, buttocks and calf muscles; unbendable hip joints; groin issues; tight knee and calf muscles.	Psychologically: Resisting change, basic negative attitude.  In TCM, imbalances are associated with feelings of anger, an inability to express emotions, jealousy, suspicion, and holding on to long-standing grudges.  Dr John Diamond's interpretation is that it is the meridian of peace and harmony.  <i>Negative emotions:</i> restlessness, impatience, frustration  <i>Positive emotions:</i> peace, harmony

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<b>Kidney</b>	<p>Kidneys, Eyes and Ears.</p> <p>The kidneys filter the blood and store sexual energy. Therefore, they also regulate the growth and development of the reproductive system. Also responsible for the production of bone marrow and blood.</p>	<p>Water</p> <p>Yin</p>	<p>The kidneys are responsible for excretion, the muscles (including their cramping) and the connective tissue.</p> <p>Consequence of energetic disturbances can be kidney stones. Associated disorders include brittle and soft bones, back pain, asthma, phlebitis, tinnitus, varicose veins, as well as uterus and prostate problems and bladder weakness.</p> <p>Other symptoms of disharmony include ear problems, anorexia, restlessness, insomnia, weak vision, lack of energy, dry tongue and hot mouth, spinal and thigh pain, immovable lower limbs, cold, drowsiness, painful and hot soles of feet.</p>	<p>The psychological influence is wilfulness and stubbornness.</p> <p>In TCM, the kidney meridian controls willpower, determination, and a person's ability to cope. Imbalances can lead to fear, loneliness, insecurity, and shock (which attacks the Heart first then descends into the Kidneys to become fear).</p> <p>Dr John Diamond's interpretation is that it is the meridian of sexual confidence.</p> <p><i>Negative emotions:</i> sexual indecisiveness</p> <p><i>Positive emotions:</i> sexual assuredness</p>
<b>Pericardium or Circulation-Sex or Heart Constrictor</b>	<p>Pericardium, Adrenals and Reproductive Glands.</p> <p>The pericardium is the area surrounding the heart. The pericardium protects and</p>	<p>Fire</p> <p>Yin</p>	<p>The Pericardium as the "Master of the Heart" stands for the cardio-vascular system, not only representing blood pressure and blood circulation (warmth of hands and feet) but also a person's positive affirmation of life and personal relationships. The libido is closely linked with this affirmation.</p> <p>The pericardium meridian removes excess energy from around the heart. This is important because it disperses</p>	<p>Psychologically it reflects "perceiving Life as Pressure".</p> <p>In TCM, imbalances are associated with difficulty feeling and expressing emotions, depression, aversions, and phobias.</p> <p>Dr John Diamond's interpretation is that it is the meridian of relaxation, generosity and renunciation.</p> <p><i>Negative emotions:</i> regret, remorse, sexual</p>

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	lubricates the heart.		<p>energy throughout the body preventing the heart from becoming over-energised.</p> <p>Symptoms of disharmony include chest, heart, and breast problems including tachycardia or arrhythmias, elbow and arm spasms, armpit swelling, red face, carpal tunnel syndrome, arthritis, any nail disorder of the middle finger, and mania.</p>	<p>tension, jealousy, stubbornness</p> <p><i>Positive emotions:</i> renunciation of the past, relaxed, generosity, abjuration</p>
<b>Triple Warmer or Sanjiao or Triple Burner or Heater or Energizer</b>	<p>Thyroid and the body as a whole.</p> <p>It regulates transformation and transportation of bodily fluids (liquid energy). It controls metabolism, heat/moisture balance, and body temperature.</p>	Fire Yang	<p>The Triple Warmer regulates body temperature, balances the autonomic nervous system and controls the pituitary gland – the master gland of the body. So, it embodies all hormone glands and their psychological and physiological control. Hormones activate the metabolic rate and thereby produce "energetic power".</p> <p>A wide range of disorders including water retention; stiff neck; stiffness and pain along the arm and wrist, ailments with the ears, eyes, chest, and throat. An issue with any organ in the body is in some way associated to an imbalance in the triple warmer meridian. Imbalance can lead to the depletion of life force and motivation.</p> <p>Symptoms of disharmony relate to water imbalances including swelling, urinary incontinence and difficulties, and tinnitus.</p>	<p>Psychologically the Triple Warmer reflects impatience and intense activity.</p> <p>In TCM, imbalances are associated with uncontrolled passions which can deplete energies leading to instability and depression.</p> <p>Dr John Diamond's interpretation is that it is the meridian of hope.</p> <p><i>Negative emotions:</i> depression, despair, hopelessness, grief, sorrow, loneliness, isolation, seclusion</p> <p><i>Positive emotions:</i> elation, lightness, buoyancy, hope</p>

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Meridian name	Main organs serviced	Rhythm & Yin/Yang	Physical interactions	Emotional interactions
<b>Gall Bladder</b>	Gall Bladder.  It stores and excretes bile produced by the liver.	Wood  Yang	<p>The bile detoxifies and eases the burden on the body. In the head, this has an influence on the brain, the eyes as well as the ears.</p> <p>Malfunction of this meridian can result in headaches, migraine, neck tension, eye problems, painful shoulders, asthma, arthritic hips, knee and menstrual problems, bloating, liver pains, bitterness in the mouth, nausea and a yellow discoloration on the tongue, skin, and in the urine (jaundice).</p> <p>Other symptoms of disharmony include frequent sighing, pain in the jaw and outer corner of the eyes, swelling in the glands, mental illness, indecisiveness, fever, and pain along the meridian.</p>	<p>Psychologically the gallbladder is connected to rage and anger.</p> <p>In TCM, imbalances are associated with timidity, indecision, easily discouraged, and resentment.</p> <p>Dr John Diamond's interpretation is that it is the meridian of admiration.</p> <p><i>Negative emotions:</i> feeling angry, irritated and hot-tempered, rage</p> <p><i>Positive emotions:</i> reaching out with love and forgiveness, adoration</p>
<b>Liver</b>	Liver.  It stores blood, governs the free flow of energy and regulates its flow throughout the body.	Wood  Yin	<p>The liver is the laboratory for the entire metabolism. It also represents the veins of the legs and haemorrhoids. The liver meridian is also responsible for the immune response, female sexual cycle and menstruation and the flexibility of tendons and ligaments. It also affects the eyes.</p> <p>Problems in the liver and genital systems such as menstrual disorders like PMS, dry skin, jaundice, dry/sore/tired eyes, blurred vision, black dots or</p>	<p>Psychologically it is affected by grief, sorrow, and by taking offence.</p> <p>In TCM, imbalances are associated with anger, irritability, frustration, resentment, jealousy, rage, depression, and a lack of control and emotional flexibility.</p> <p>Dr John Diamond's interpretation is that it is the meridian of happiness.</p>



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			<p>'floaters', in front of the eyes; vertigo, stiff joints, arthritic symptoms, and headaches.</p> <p>Other symptoms of disharmony include dizziness, high blood pressure, hernias, distended lower abdomen in women, indigestion, nausea, flatulence, watery stools with undigested food, allergies, incontinence, muscle spasms, urine retention, and eye problems.</p>	<p><i>Negative emotions:</i> unhappiness</p> <p><i>Positive emotions:</i> happiness, cheerfulness</p>
<b>Central meridian or Conception vessel or Ren Mai</b>	This vessel nourishes the uterus & the whole genital system. Plays a major role in energy circulation through the Yin meridians.	Yin	<p>Maintains proper balance of energy and blood within the body.</p> <p>Problems include hernias and abdominal issues.</p>	Imbalances are associated with uneasiness and feeling vulnerable.



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<b>Governing meridian or Governor vessel or Du Mai</b>	The Governing vessel is responsible for nourishing the five ancestral organs, which include the brain and spinal cord, the liver and gall bladder system, the bone marrow, the uterus, and the blood system. Plays a major role in energy circulation through the yang meridians.	Yang	Maintains proper balance of energy and blood within the body.  Problems can cause stiffness and scoliosis.	Imbalances are associated with lacking courage to move forward and “no backbone”.

## Individual Exercise 1

Using the diagrams and instructions on the next three pages to guide you, stand up and trace your meridians in the direction of the arrows, around your body with your hands.

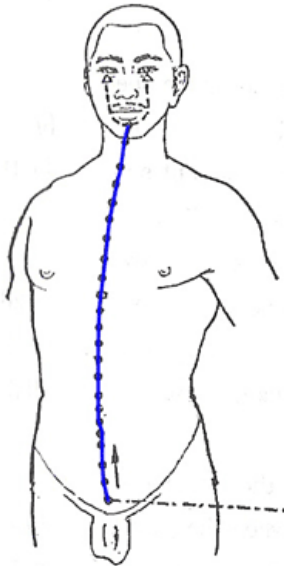
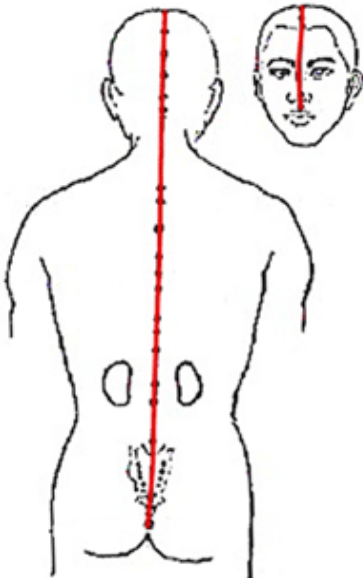
Notice how your body feels before you start.

- Using flat hands (to cover a wide area because meridian channel locations are approximate), start with the central and governing meridians (diagrams below).
- Then trace the spleen meridian on the flow wheel before moving clockwise around the rest of the meridians.
- Finish with the central and governing meridians again.

(Alternatively, you can follow “Tracing Meridians with Donna Eden!” on YouTube

[www.youtube.com/watch?v=Vv5dkvMg1z4&t=131s](http://www.youtube.com/watch?v=Vv5dkvMg1z4&t=131s) )

When complete, notice how your body now feels.

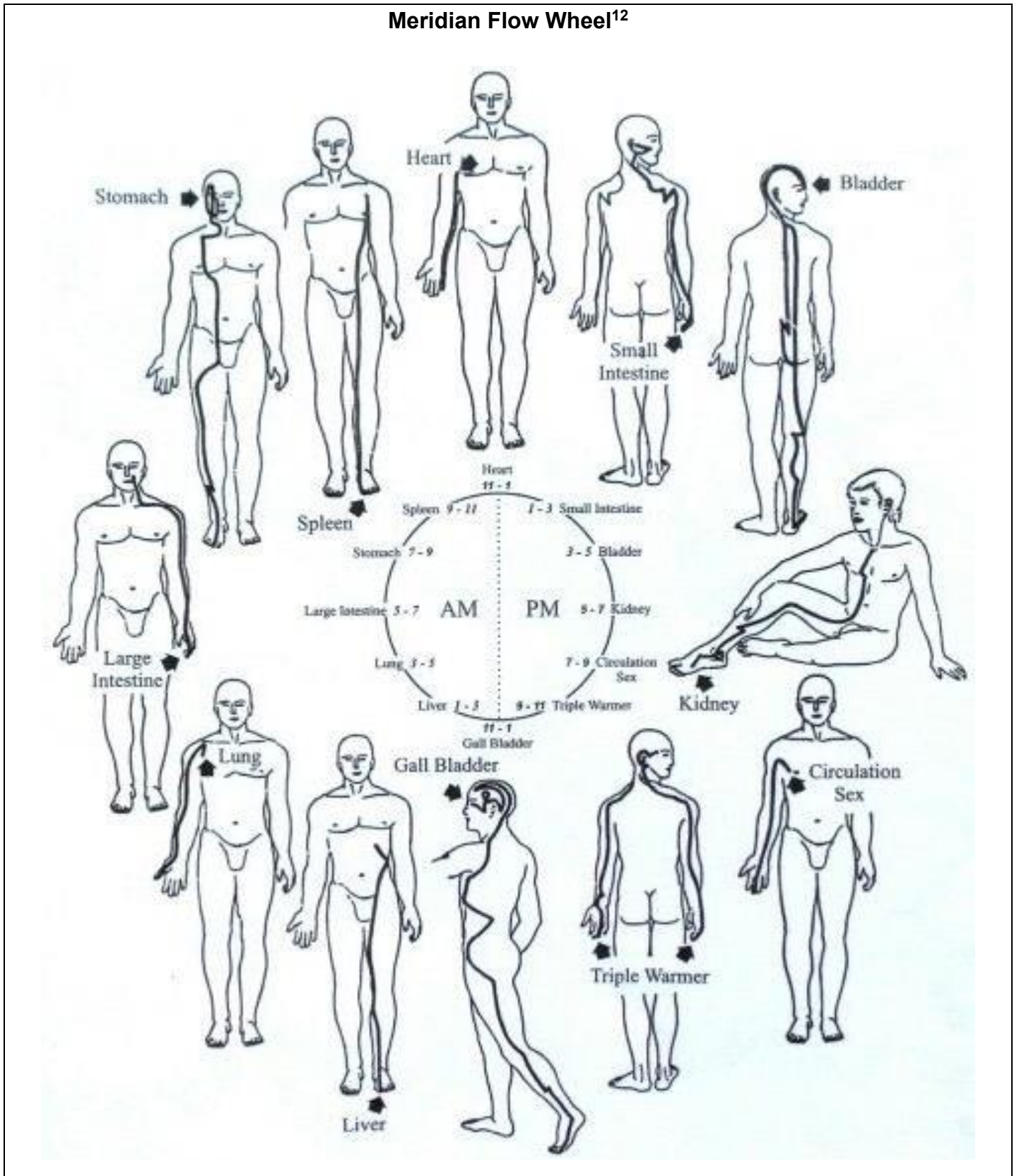
		<ol style="list-style-type: none"> <li>1. <b>The Central Meridian</b> Place both hands on your pubic bone and bring them straight up over the front of your body to your bottom lip.<sup>11</sup></li> <li>2. <b>The Governing Meridian</b> Place one hand at your tailbone and trace straight up your spine and have the other hand meet it and trace the meridian over the top of your head, over your nose, and to your top lip.</li> <li>3. <b>Spleen Meridian</b> (9 a.m. to 11 a.m.) Start at the outside corners of each big toe and go straight up the inside of your legs, flaring out at your hips, up the side of your rib cage, to the arm crease, then down the side to the bottom of the rib cage. Do both sides.</li> </ol>
<p>Central Meridian /<sup>9</sup> Conception Vessel / Ren Mai</p>	<p>Governing Meridian /<sup>10</sup> Governor Vessel / Du Mai</p>	

<sup>9</sup> Diagram adjusted from “Conception Vessel Meridian – ‘Sea of Yin’”, [www.natural-health-zone.com/conception-vessel.html](http://www.natural-health-zone.com/conception-vessel.html)

<sup>10</sup> Diagram adjusted from “The Governing Vessel - ‘Sea of Yang Meridians’”, [www.natural-health-zone.com/governing-vessel.html](http://www.natural-health-zone.com/governing-vessel.html)

<sup>11</sup> Descriptions from Sound Essence, “Meridian Flow Cycle” [www.soundessence.net](http://www.soundessence.net)

## Meridian Flow Wheel<sup>12</sup>



<sup>12</sup> Diagram from Liz Hennessy, "ENERGY HEALING, PRODUCT REVIEW: Donna Eden Energy Medicine Workshops", Last modified 18/4/2017, [www.mindbodytarot.com/tag/donna-eden](http://www.mindbodytarot.com/tag/donna-eden)

4. **Heart Meridian** (11 a.m. to 1 p.m.) Place your open hand underneath the opposite armpit in alignment with your little finger and trace straight down inside the arm, over the palm and outside to the little finger. Do both sides.
5. **Small Intestine Meridian** (1 p.m. to 3 p.m.) Start at the outside tip of the little finger, go straight up the outside of the arm to your shoulder, drop back on your shoulder blade, go up the side of the neck, go over to your cheekbone, and back to the opening of your ear. Do both sides.
6. **Bladder Meridian** (3 p.m. to 5 p.m.) Place both hands between your eyebrows; go up over the head and down the back of your head and neck. Remove your hands from your neck; reach them back underneath and as high as you can stretch onto your spine. Trace your hands down either side of your spine to below your waist, jog in and up toward the waist, and then in and around the curve of your bottom. Then start again on either side at the top of your spine farther out from the first tracing and go straight down to the back of your knees, in at the knees down to the floor, and off your little toes.
7. **Kidney Meridian** (5 p.m. to 7 p.m.) Place your fingers under the ball of each foot and bring your fingers up to the inside of each foot, circle behind the inside of each ankle bone, and go straight up the front of the body onto the chest to the K27 points; beneath the clavicle at the top of the sternum. Do both sides.
8. **Circulation/Sex Meridian / Pericardium** (7 p.m. to 9 p.m.) Place the fingers of one hand at the outside of the opposite nipple, come up over the shoulder, go down the middle of the inside arm and off the middle finger. Do both sides.
9. **Triple Warmer Meridian** (9 p.m. to 11 p.m.) Start at the ring finger on the outside of the hand, trace straight up the arm, over the elbow to beneath your ear, follow your ear around and behind, ending on the temple at the outside corner of the eyebrow. Do both sides.
10. **Gall Bladder Meridian** (11 p.m. to 1a.m.) Place the fingers of both hands on the outside of your eyebrows, drop to the opening of your ears, take your fingers straight up about two inches, circle forward with your fingers, and drop back behind the ears. Go forward again over to your forehead, back over the top of your head, and around your shoulders. Leave your shoulders, take your hands to the sides of your rib cage, go forward on the rib cage, half circle backwards on the waist, forward on the hips, straight down the sides of the leg and off the outside of the little toe.
11. **Liver Meridian** (1 a.m. to 3 a.m.) Place your fingers on the insides (lateral side) of your big toes, and trace straight up inside the legs, flaring out at your hips, up the sides of your rib cage, and back to underneath your ribs, in a hollow directly below but in line with your nipples.
12. **Lung Meridian** (3 a.m. to 5 a.m.) Place one hand on the upper chest just inside the shoulder and move it up over your shoulder, straight down the inside of your arm, through the palm and off your thumb. Do both sides.
13. **Large Intestine Meridian** (5 a.m. to 7 a.m.) Place the open fingers of one hand at the end of the pointer finger of the opposite hand, trace straight up the outside of the arm to the shoulder, over the shoulder, cross the neck to beneath the nose and end at the flare of your nose. Do both sides.
14. **Stomach Meridian** (7 a.m. to 9 a.m.) Place both hands under your eyes, drop straight down to the jaw, circle up around the face to your forehead, drop straight down through the eyes to the collarbone, over the chest, in at the waist and out at the hips, down the leg (outside the knee) and out to the second toe. Do both sides.

## Individual Exercise 2

Using the “Meridian Flow Wheel” diagram to guide you, colour and label the meridians on the following diagrams of the fronts and backs of the bodies (similar to how you might see them on your clients if they were lying on a healing table).

- Use a different colour for each meridian, and
- Draw arrow heads to indicate the direction each meridian flows in.

When complete notice:

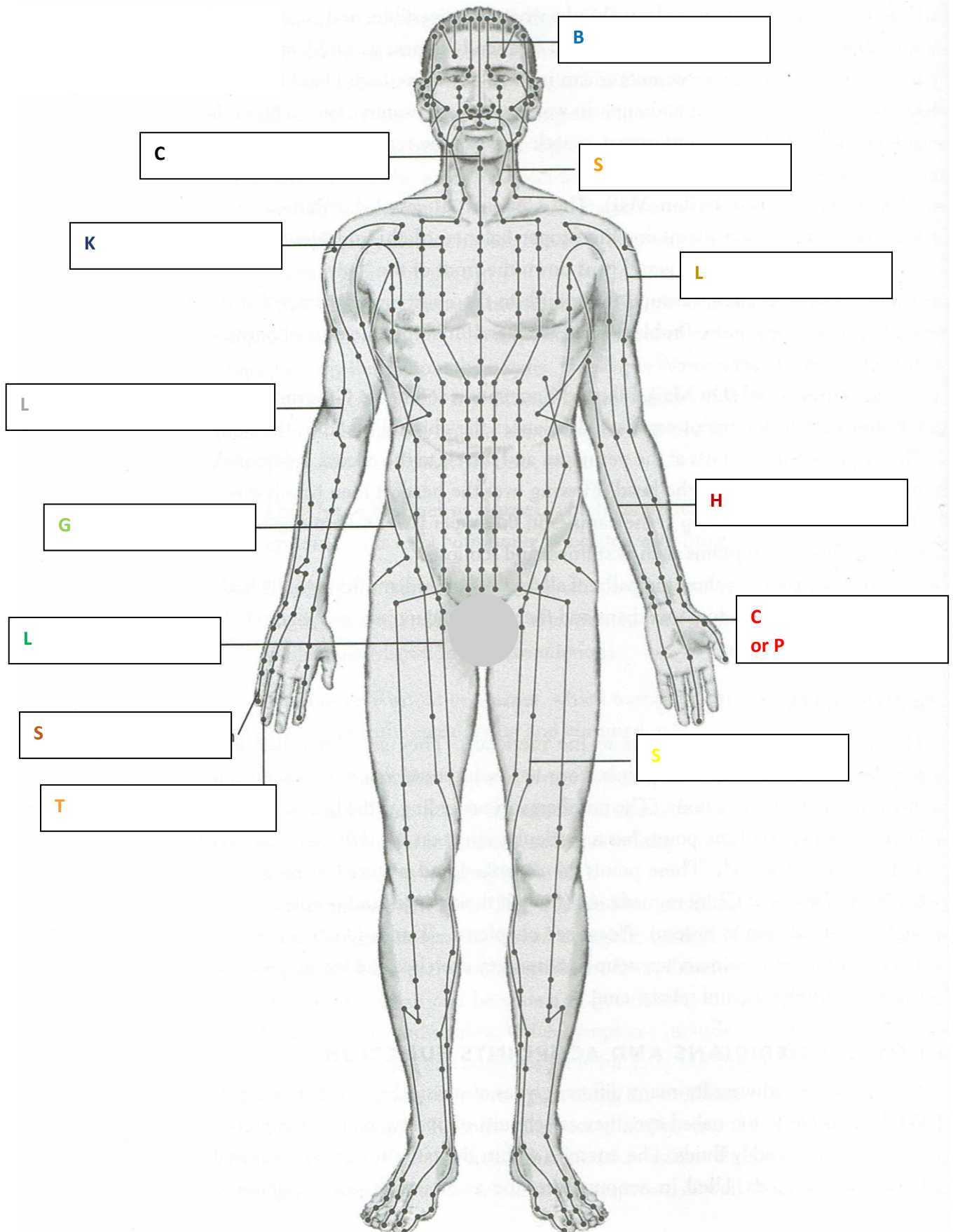
1. Which parts of the body have lots of meridians travel through or lots of acupoints, and therefore might be good areas to place your hands for maximum healing effect?

Location	Number of meridians
Head & Face	
Shoulders	
Hands	
Feet	
Front Torso	
Back Torso	

2. Which direction the meridian energy flows especially the difference between meridians near the centre line of the body (medial) versus out to the sides (lateral)?

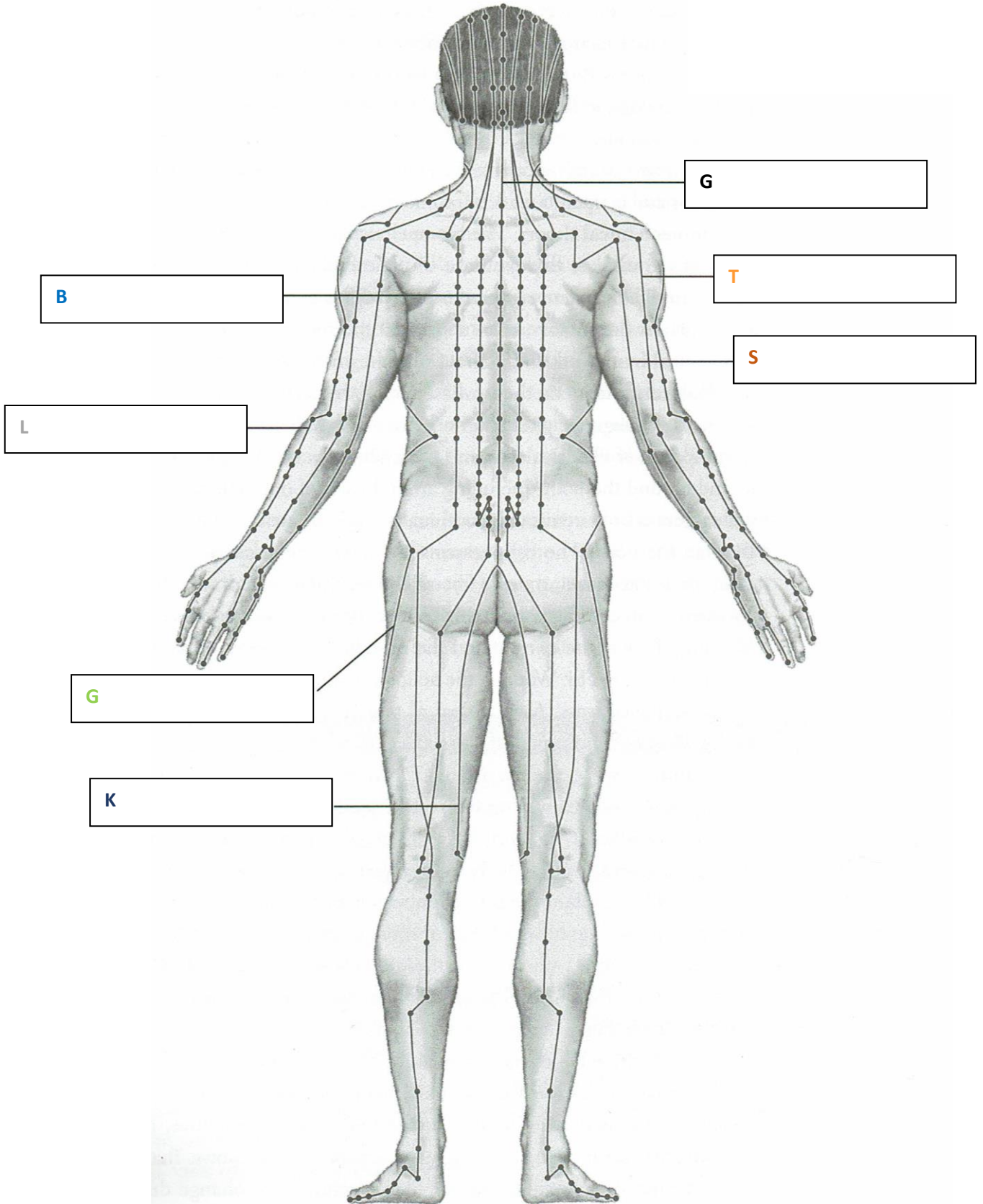
# SPIRITUALISM NEW ZEALAND HEALING MANUAL

Colour & Label the Meridians



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Colour & Label the Meridians





## **SPIRITUALISM NEW ZEALAND HEALING MANUAL**

### **9.4.6 Learning for spiritual healers**

As spiritual healers when we place our hands on, or near, the body of a client, it is the meridians that carry the healing energy to wherever it is needed.

Placing our hands along the central lines of the head and torso (along the central and governing meridians) can be powerful if the client needs to absorb external energy and because these meridians balance the flow of energy around all the other meridians. Placing our hands over the main seven chakras while channelling spiritual healing achieves this.

Certain parts of the body can be powerful areas to heal because a lot of meridians flow there. The head, shoulders, hands, and feet are examples.

If smoothing energies at the end of a spiritual healing (off the body), moving our hands around the client's body in the same direction as the meridians flow (generally up the middle of the torso and outer arms, down the lateral torso and outside legs) can assist with the movement of meridian energy around the body.