

Meridians: The Eastern Paths to Energy Balance

For thousands of years, the Chinese and other Eastern cultures have practiced healing techniques based on the naturally produced subtle energy fields generated by all living things.¹ These fields cannot ordinarily be seen, felt or found with the five physical senses, yet knowledge of their characteristics and capabilities remain central to the daily pursuit of health for billions of people, who believe that disturbances in these fields manifest as disease(s) within living organisms.²

These beliefs may seem quaint or even backwards to those of us who have spent our entire lives being taught that good health can only be purchased from a multinational corporation with the approval of an insurance company. However, radionic researchers should immediately recognize striking similarities between the two fields. Specifically, both are based on the idea that disturbances in the energy fields at the subatomic level precede the manifestation of abnormal patterns in the cellular organization and/or growth within the physical state – a process that non-traditional physicists refer to as pre-engineering of reality. This is possible due to the fact that matter and energy are just two different facets of the same existence of which everything in the universe is composed.³

Many Westerners are familiar with the energy healing techniques of acupuncture, which focuses on clearing blockages in the body's energy system through activation of the network of energy nodes - the intersection points of the system of energy pathways that course through every part of the body. Also known as meridians, these pathways can be thought of as the circuits through which the subtle energies move and flow. Traditionally the meridians are grouped into 12 sets on each side of the body, which are in turn mirrored across the body,

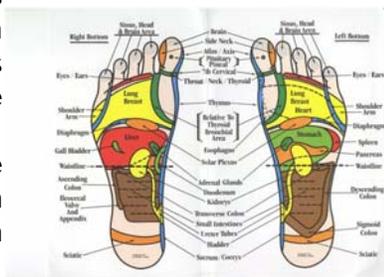
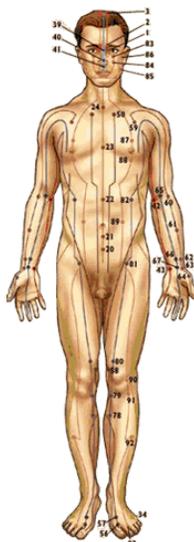
so that each meridian has an identical left and right hand version. Each meridian has been named for the primary system and/or functions with which it is associated.⁴

For example, many people have seen the charts that describe the acupuncture points found in the feet, the hands, the ears or the teeth. These charts show zones that are somehow representative of the different systems in the body, but it is not always clarified that it is the energy meridians that bind these systems together, that connect them to the hands and feet in the first place.

It is for this reason that the controversy surrounding procedures like root canals still continues. Some research has shown that root canals can disturb the normal energy flow and create energy blockages within the body. These blockages can short-circuit essential meridian pathways and lead to the breakdown of proper organ function.⁵

When acupuncture and the theory of meridians was first brought to the United States, the medical community believed that the acupuncture points were merely a representation of the nerve paths in the body and that it was the nerve paths that were being influenced with the acupuncture needles. More recent studies indicate that the meridian and nerve pathways are quite different.

In one study, radioactive isotopes of technetium and phosphorus were injected into acupuncture points of the study group. Gamma-camera imaging and microautoradiography followed the radioactive isotopes' uptake and showed that the substances migrated along classical acupuncture meridian pathways, through a series of fine, duct-like tubules.⁶ The fluid that was extracted and analyzed showed high concentrations of DNA, RNA, amino acids, hyaluronic acid (a



mucopoly-saccharide acid found in the ground substance of connective tissue which acts as a binding and protective agent), different types of free nucleotides, adrenaline, corticosteroids, estrogen, and other hormone substances in levels far different and greater than those ordinarily found in blood.⁷

The Wheel of the Meridians

In the East, meridians are classified as either Yin (energy that flows from the earth) or Yang (energy that flows from the sun) depending on the direction of flow on the surface of the body. Yin energy flows from the feet to the torso, inside of the arms to the fingertips while Yang energy run from the fingers to the face, then from the face to the feet. Because this flow of energy is continuous between meridians, the overall system can be depicted as a circle or a wheel.

Following the wheel clockwise, the flow of energy can be followed through all 12 meridians. At the center of the wheel are the Central [13.25-33.25] and Governing Meridians [29.50-71.00]. Sometimes called the Exit or Storage meridians, they must be unblocked first in any balancing program.⁸

Kinesiological muscle testing sites have also been identified for each meridian, and are commonly displayed around the wheel in order to illustrate these relationships.

Muscle testing in the manner depicted can be used to test each meridian for strength or weakness of energy flow. Since the energy flows "downstream" in a linear manner from one meridian to the next, energy blockages may be located and resolved by testing the meridians found "upstream" (counterclockwise) on the wheel.

The wheel of meridians also shows subsidiary energy flows, which are indicated by dotted and dashed lines. The dotted lines indicate the triangle made by meridians that all flow in the same direction in the same part of the body. For example: Stomach - Bladder - Gall Bladder. The dashed lines indicate the squares of meridians relating to the four extremities. For example: Stomach - Small Intestine - Circulation - Liver. If a weakness is found within the meridian square, begin balancing energies clockwise from the first weak point after a strong point going.

The black spokes radiating from the center of the wheel indicate the relationship between opposite pairs of meridians at different times of the planetary cycle. The Midday-Midnight Rules indicate the most active time of the 24 hour day for each meridian, while 12 hours later will be the weakest time for that same meridian. This aspect of the system is theorized to reflect the relationship between the planetary energy system and that of our sun.¹⁰

REFERENCES

1. (Date Unknown); *Meridians*. Tuberose.com. From: <http://tuberose.com/meridians.html>
2. Stenger, V. (1999); *Bioenergetic Fields*. The Scientific Review of Alternative Medicine, Vol. 3, No. 1. From: <http://www.colorado.edu/philosophy/vstenger/Medicine/Biofield.html>
3. Bearden, T. (2006); *Radionics: Action at a Distance*. Cheniere Media DVD. From: www.kellyresearchtech.com/books.html
4. Singer, J. (2006); *Acupuncture: A Brief Introduction*. Acupuncture.com. From: <http://tinyurl.com/2vzyyu>
5. Roberts, J. (1998); *Root Canal, Roots of Disease!* Positive Health Magazine. From: <http://tinyurl.com/2es9n7>
6. Guthrie, D (2001) *Energy Therapies and Diabetes Mellitus*. Diabetes Spectrum. From: <http://tinyurl.com/2bvz8d>
7. (Date Unknown); *Meridians*. Tuberose.com. From: <http://tuberose.com/meridians.html>
8. Ibid
9. (Date Unknown); *Meridian System Balancing*. Energy Kinesiology Awareness Council. From: www.awarenesscouncil.com/works02.htm
10. (Date Unknown); *Meridians*. Tuberose.com. From: <http://tuberose.com/meridians.html>