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Life Energy Meridians *Meridians and Acupoints* **Meridians and Stable Water Clusters Meridian Master** Reflexology: The 5 Elements and their 12 Meridians: A Unique Approach **A-Z Meridian Manual** **8 Extraordinary Meridians** Meridians and Stable Water Clusters **Muscles and Meridians E-Book** Meridian Metaphors The Adoption of a Prime Meridian to be Common to All Nations **Acupuncture, Meridian Theory, and Acupuncture Points** *Reikiatsu* **Meridian Meditation** **Classical Five-Element Acupuncture Meridian Therapy in Chinese Acupuncture Meridians** **The Meridians and Beyond** The Adoption of a Prime Meridian to Be Common to All Nations [microform] **Meridian Exercises** *Meridian Systems* *Yoga Plotting the Globe* *The Adaption of a Prime Meridian to be Common to All Nations* **Acupressure Meridian Atlas Zero Degrees** : **Acupuncture Acupuncture Meridians and Points Heavenly Streams** **Simon Johnston: Meridian Acupuncture Points and Meridians** *The Primo Vascular System* **Chi Nei Ching Spiritual Portraits of the Energy Release Points** *The Adoption of a Prime Meridian to be Common to All Nations. The Establishment of Standard Meridians for the Regulation of Time. Read Before the International Congress at Venice, September 1881, by Sandford Fleming,...* The Adoption of a Prime Meridian to be Common to All Nations; the Establishment of Standard Meridians for the Regulation of Time, Read Before the International Geographical Congress at Venice, Sept. 1881 **Do-In, Tao Yoga for Health and Energy** **The Workbook** **The Adoption of a Prime Meridian to be Common to All Nations. The Establishment of Standard Meridians for the Regulation of Time, Etc**

Acupuncture: Visible Holism provides a theoretical complement to currently available guides to the clinical practice of acupuncture. The author presents the groundbreaking concept of acupuncture as "visible holism", as well as an entirely new theory concerning the origins of acupuncture, the identification of the meridians, and the discovery of the acupoints. Also contained in the volume are original interpretations of a number of key aspects of acupuncture, including the Root and Tip theory (ben biao) and its applications, the principles of pattern identification (bian zheng), the importance of the needling sensation (deqi) and how to maximize it, and the necessity of a synergistic relationship between patient and acupuncturist. Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain • Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles • Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage • Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden

hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health. How we came to measure time and distance due to the efforts of intrepid adventurers, scientists, and seafarers who shaped our picture of the world today. Acupuncture points are the places where acupuncture needle is applied for the treatment of diseases. Acupuncture point locations are related to Qi and Blood flowing and this energy system defined pathway from internal organs and meridians converges and disperses. Stimulation through acupuncture points can correct imbalance and blockages in the flow of energy for restoring health. This book tells you about the name and location of acupuncture points and shows you easily understandable explanation for finding the acupuncture point. This book is for Acupuncture students and practitioners. Meridian Systems Yoga is an innovative method that utilizes elements of Traditional Chinese Medicine through a basic and easy practice. It uses yoga postures to stimulate Qi (pronounced Chi) flow and remove Qi blockages of particular meridian groups in the body, balancing and harmonizing the body's organs and energies, bringing forth physical, emotional, and spiritual healing. Meridian Systems Yoga's asanas (postures) are designed to fit the needs of everyone, from people that never practiced yoga before to advanced yogis. It turns traditional yoga into a universal practice that everyone can access, regardless of age, body type, or fitness level. This method allows you to design your own practice according to your individual physical and emotional needs. Meridians are the bridge between the psyche and soma, the system that allows our life force to flow through our body. Each of the twelve main meridians stand for a fundamental life principle and by examining them, we can begin a journey towards better health- as well as freedom and contentment. In this inspirational, easy-to-read deep dive, Mike Mandl uses his own wit and humour to explore the life principles of the meridians and offers a toolbox for self-diagnostic purposes, demonstrating how to strengthen these principles, correct imbalances, and keep in harmony with yourself through daily observation and maintenance. Translating the principles of Traditional Chinese Medicine into an engaging, accessible resource for practitioners and novices alike, this is the perfect first step in harnessing the meridians for your own self-actualisation. Did you ever wonder how our habit body tracks and manages our mental-emotional activity? Ever think Chinese Medicine had some good yet incomplete ideas about how psychology and the body connect? Ever wonder what else has been learned about meridian-muscle-organ-psychology since Applied Kinesiology and Touch for Health became public 40 years ago? Did you ever wish for a simple reference manual to look up, to gain insight into, and see more deeply and clearly into wellness concerns? Here's an 100 page (in 8x10" format) handbook-manual with all this organized for easy reference. After significant material pertaining to all meridians, each of 14 sections provides comprehensive psychological language for - Which meridian-organ absorbs which emotions, - HEALTHY expressions of each meridian and associated organ, - Disturbed expressions of each meridian and associated organ, - UNDERcharged disturbed expressions of each meridian - OVERcharged disturbed expressions of each meridian. Earlier literature is rectified. - An Axis of Dysfunction is proposed for each meridian-organ between the dysfunctional OVERcharged condition and dysfunction UNDERcharged condition. Finally it's possible to move easily from meridian dysfunction and organ to psyche dysfunction; and, move easily from psychic dysfunction to meridian and organ dysfunction. Written for counselors and practitioners of all kinds, this is a reference MANUAL for wellness coaches, intuitive counselors and holistic practitioners. It condenses and better organizes the brilliant insights of William F. Whisenant's monumental Psychological Kinesiology (1994) adding to it many observations from other sources and the clinical practices of the author and other practitioners. MM is related to Messages From the Body, by Michael Lincoln. This is the meridians part of that topic. Especially pertinent for muscle-testers and "energy

detectives" of all kinds, to gain insight into, and see more deeply and clearly into wellness concerns. It will appeal to self-healers, self-testers, and practitioners, such as: - Applied Kinesiology, - NET, - Touch for Health, - Energy Medicine, - The Emotion Code, - Immunics, - EFT, - Psych-K, - Theta Healing, - Peace Theological Seminary Masters & Doctorate Programs. The manual begins and ends with language for the HEALTHY FUNCTION of each meridian-vessel. Correction protocols are mostly not addressed. Access to the Slow-Motion Forgiveness (SM) free eBook is given. Additional material addresses: -How and why organs absorb emotions, - Relevant myths and therapeutic metaphors for both OVER- and UNDER- conditions, -Some clarifications on language for the five element metaphors, -Case studies of how to use the manual, -How to use the Light to clear meridian imbalances. With thousands of years history and your own experience in using or benefiting from meridian-based medical practices, you may not feel that you need physical proof of the existence of meridian lines and points. However, it is the lack of visual proof that has kept the Western health community, including the insurance companies, from fully accepting the practices of the East like acupuncture and acupressure. Those who understand meridian theory know that it is not just the ability to help heal that is important in Eastern practice, but the focus on health maintenance through maintaining the flow of energy throughout the body. There are many people trying to establish the proof of meridian theory and this book contributes to this goal by presenting a sample of the work of Dr. Shui Yin Lo, who uses infrared photography in his research and has discovered its ability to reveal easily the 14 major meridians in Eastern meridian theory. We all know that we need a more efficient and cost effective approach to medical care and this book will provide a major steppingstone towards that goal. A Handbook containing illustrations of all the main and secondary acupuncture meridians and accurate descriptions of the location of all the acupuncture points. Charles Withers explains how the choice of Greenwich to mark 0° longitude solved problems of global measurement that had engaged geographers, astronomers, and mariners since ancient times. This history is a testament to the power of maps, the challenges of global measurement, and the role of scientific authority in creating the modern world. The unique concepts and exercises in this book are easy to grasp with a wealth of photographs and illustrations. The psychological aspects of the meridians and exercises are explained in detail along with the physical effects. Further, the way to identify and correct imbalances is discussed in simple language and is illuminated with easy shiatsu techniques. An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels. This 155 page Meridian A - Z Manual was created to assist practitioners, who are expert in a specific healing art (chiropractic, Rolfing, physical therapy, naturopathic medicine, MD's, DO's, licensed massage), in applying an additional, simple and beneficial treatment for their patients using the meridian system with confidence and accuracy. The meridian system in the human body is the basis for many different healing modalities. There are specific acupuncture points along the meridians. These points are electro-magnetic in character and together they form the matrix within which the body functions. They also act as a network of communication between the physical and the more subtle energetic bodies. The stimulation of specific points along the meridian system relates to the specific area within the body that is in need of healing. A variety of methods may be used to stimulate these points; the use of needles, acupressure, electrical

stimulation, micro-current, press pads, or magnets etc. My personal favorite is the use of Low Level Laser Therapy with its amazing regenerative and cellular communication benefits combined with the use of specific points, along the meridians, to achieve some of the most beneficial clinical applications, ever! This process works because the point being stimulated lies on a meridian whose energy also passes through the injured or diseased part of the body; the use of the laser on a specific acupuncture point can be transmitted along the meridian to a place within the body that is in need of healing. This manual will also be beneficial to those who have dedicated their professional careers to that of being an expert licensed acupuncturist by providing an incredibly useful resource (reminder) to use in their day to day treatment procedures. Additional training, reference manuals, products and information can be found at our online store: <http://shop-performancepractic.com/> Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders. Describes a new model of human movement - the Contractile Field model Offers a rare and serious attempt to look at whole person movement patterns - akin to 'Anatomy Trains' but with a stronger link to vertebrate evolution and development Suggests that much of our endemic back and leg pain is due to a loss of ease in postures that are 'archetypal' to mankind Offers a profound new understanding of the world's oldest medical map, the Chinese meridian map Proceedings from the first International Symposium on Primo Vascular System 2010 (ISPS 2010) with special topics on cancer and regeneration was held in Jecheon, Korea during September 17-18, 2010. Includes coverage of new study results that have better revealed the functional aspects of PVS, including its roles in the areas of regenerative medicine and cancer. The Meridians and Beyond is the second volume of writings selected from the milestone series of Diamond Reports newsletters that Dr. Diamond created over many years for health professionals and students of his work. The series as a whole presented his groundbreaking research in holistic health, psychiatry, acupuncture, philosophy, spirituality, the Arts, all bound together by the core concept of Life Energy, the Healing Power within. The focus of this second volume is Dr. Diamond's pioneering research into the relationship between the acupuncture meridians and the emotions. The papers cover important topics including relationships and marriage, parenting, the Will to be Well, learning difficulties, and much more. Illustrated by many remarkable cases histories, Dr. Diamond builds on his earlier work (such as his influential best-sellers Your Body Doesn't Lie and Life Energy), revealing key psychological syndromes and showing their relationship to particular meridians. The Diamond Reports teem with insights and original findings that will benefit not only those already familiar with Dr. Diamond's work, but also those new to it. His vision of total health, which he now calls The Diamond Path of Life, and which fuses the physical, emotional and spiritual aspects of medicine into a coherent whole, manifests in practically every page of the reports, which were far ahead of their time when they were produced, and remain so even today. This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. As a Reiki Practitioner, this book is your user-friendly guide to the Meridian System. In it, you will learn about the 14 Main Human Body Meridians and their impact on your physical, mental, emotional, and spiritual well-being. You will also learn about the Five Element Theory, which helps to explain the processes that are occurring within the human body and its cycles. Each section explains the physical and emotional imbalances that occur when the flow of Ki is out of balance. With the Microcosmic Orbit, you will be shown how to enhance the flow of Reiki

through your body, so that you can channel that infinite Ki into the meridians. With over 80 colour photos and original illustrations, you will learn to consciously direct this flow through your hands, as you offer the powerful and easy to follow sessions. These Spiritual Portraits of the acupuncture points invite you to explore through conscious awareness underlying themes affecting the health and wellbeing of your physical, emotional, mental and spiritual bodies. It is a resource written for practitioners of acupuncture, holistic healers, energy workers and all those wishing to access and empower their own self healing. It brings healing to a deeper level by unlocking understanding and wisdom of the life journey, so that the experience becomes one of evolution and purpose. Unblocking and integrating the energy that moves through the body via the meridian system empowers transformational change. Change that allows you to tap into strengthening vitality to create and live a healthy, balanced and joy filled life. Many books are available about Acupuncture treatment. This "8 Extraordinary Meridians a Practical Approach" is entirely different. In this book the author has explained, with limited acupuncture points, how we can cure all diseases within short period by this treatment. This book is best guide to Students studying Acupuncture and Acupuncture Doctors for effective treatment. An atlas of acu-points designed for bodyworkers Includes descriptions of all acu-points, their location and their traditional use along with charts of all twelve organ meridians, and including all eight extraordinary meridians seldom seen in acupuncture charts. Why use an acupressure atlas instead of an acupuncture atlas? Bodywork is different from needling. Acupuncture charts are designed for finding the precise location of the acupuncture points, but an acupuncturist doesn't need to know the exact location of the meridian itself. Because of this, most acupuncture charts show a simplified version of the path of the meridian. In acupressure, along with working on points we typically "trace" (massage) along the course of a meridian to clear blockages and promote Qi flow. The Acupressure Atlas charts include the actual course of each meridian, including the branch pathways not included in most acupuncture charts. Similarly, an acupuncturist has no need to locate the six extraordinary meridians that have no points of their own, but in acupressure it can be very helpful to trace these meridians. In addition, the normal method of measurement in acupuncture is the cun, a measurement based on the width of the thumb at the first joint. This makes sense if you are measuring where to put a needle. But in acupressure, we are measuring from one finger placement to another. Measuring the distance between points in this way removes your fingers from the points, which doesn't make sense. For this reason, point locations are shown in finger distances, where you have your fingertips on each point. This complete self-teaching guide is the perfect handbook for beginners and students alike. It uniquely links Eastern and Western approaches to reflexology and health, making this a comprehensive guide to using the meridians and pressure points of the feet to treat a wide range of ailments. The ebook now includes illustrations. Do-In is a revolutionary yet centuries-old way to maintain health and harmony. Standard reference book Do-In, Tao Yoga for Health and Energy offers in a very accessible way exercises for more balance in the bustle of everyday life. Do-In has been developed under the influence of taoism and oriental medicine. According to taoist philosophy, the world is a unity where everything is composed of energy (known as ki, chi or qi), including human beings. This energy is constantly in motion. Do-In is 'yoga of oriental medicine' and is an effective form to cultivate your inner strength and peace. Lilian Kluivers explains in a practical way the meridian system and the Five Elements in combination with Do-In exercises. Do-In helps to prevent obstructions in your energy flow and contributes to greater energy and health, regardless of experience, age or flexibility. Do-In, Tao Yoga for Health and Energy, offers a great variety of exercises, clearly explained and illustrated, that anyone can practice at home. Lilian Kluivers is one of the best known Do-In teachers worldwide. She's head of Do-In Academy, an international education for Do-In. She teaches Do-In classes, workshops and does personal consultations in which she integrates the oriental wisdom of Do-In, shiatsu, nutrition, astrology and lifestyle. Lilian integrates her knowledge and experience and let it come to life through Do-In. She can connect East and West so we can all benefit from the wisdom and practice in our daily life. "Do-In makes you more energetic, more cheerful, more relaxed and healthier," Hapinez "Everything you need to balance your body and

stimulate its self healing capacity," Onkruid Magazine "Do-In, tao yoga for health and energy adds awareness of the meridians to the yoga asanas. This improves the energy flow and integrates body and mind," Yoga Magazine With thousands of years history and your own experience in using or benefiting from meridian-based medical practices, you may not feel that you need physical proof of the existence of meridian lines and points. However, it is the lack of visual proof that has kept the Western health community, including the insurance companies, from fully accepting the practices of the East like acupuncture and acupressure. Those who understand meridian theory know that it is not just the ability to help heal that is important in Eastern practice, but the focus on health maintenance through maintaining the flow of energy throughout the body. There are many people trying to establish the proof of meridian theory and this book contributes to this goal by presenting a sample of the work of Dr. Shui Yin Lo, who uses infrared photography in his research and has discovered its ability to reveal easily the 14 major meridians in Eastern meridian theory. We all know that we need a more efficient and cost effective approach to medical care and this book will provide a major steppingstone towards that goal. According to many years teaching and clinical experience, Dr. Li Ding has combined the meridian theory with Qigong's characteristic of regulating respiration and transmitting the Qi (vital energy in human body) to create Meridian Qigong in July 1985. "In the currents of meridians, lies the essence of life." Meridian Master: A Journey Through the Twelve Major Pathways Embark on a transformative journey through the intricate web of the human body's energy system with "Meridian Master: A Journey Through the Twelve Major Pathways." This comprehensive guide unravels the mysteries of the twelve major meridians, offering a profound understanding of their significance in traditional Chinese medicine and their impact on overall well-being. Introduction to the Twelve Major Meridians: In this enlightening introduction, you'll delve into the concept of meridians, the invisible pathways that facilitate the flow of vital energy, known as Qi. Discover the age-old wisdom behind traditional Chinese medicine and the crucial role meridians play in maintaining balance and harmony within the body. Exploring the Yin and Yang Meridians: Uncover the fascinating interplay between Yin and Yang meridians, the dualistic forces that govern the flow of energy throughout the body. Delve into their unique characteristics and understand how their harmonious coexistence contributes to a healthy and balanced life. The Five Elements and Meridians: Venture into the realm of the Five Elements and their profound connection with meridians. Learn how the elements' transformative cycles influence the energy flow, enabling you to cultivate a deeper understanding of your body's energetic landscape. Meridian Diagnosis and Assessment: Equip yourself with the knowledge of meridian diagnosis techniques used to assess the health of your energetic pathways. Unlock valuable insights into your overall well-being and empower yourself to take charge of your meridian health. Acupressure Techniques: Discover the power of acupressure, a non-invasive healing method that utilizes meridian points to stimulate energy flow and promote healing. Learn how to apply acupressure to specific points to address various health concerns. The Art of Acupuncture: Unveil the ancient art of acupuncture and its profound connection with the meridian system. Understand how this time-tested therapy facilitates balance and harmony in the body by targeting specific meridian points. Moxibustion, Cupping, and More: Explore additional meridian therapies, including moxibustion and cupping, and their positive effects on your energetic health. Learn how these complementary techniques work synergistically with the meridian system to enhance well-being. Qigong and Meridian Exercises: Immerse yourself in the world of Qigong and its role in balancing and strengthening the meridian pathways. Unlock the power of specific exercises designed to cultivate health, vitality, and inner harmony. The Importance of Nutrition for Meridian Health: Discover the profound impact of nutrition on your meridian health and overall well-being. Learn about foods that support the meridian system, helping you nourish your body from within. Emotional and Mental Health and the Meridians: Gain valuable insights into the intricate connection between emotions and meridian health. Explore techniques for achieving emotional balance and promoting mental well-being through meridian practices. Meridian Massage and Essential Oils: Experience the healing touch of meridian massage, a therapeutic practice that enhances energy flow and relaxation. Learn how essential oils can complement

meridian work, offering additional support for your well-being. Integrating Meridian Work into Daily Life: Discover practical tips for seamlessly incorporating meridian practices into your daily routine. Craft a personalized meridian routine that empowers you to maintain balance and vitality throughout your life. The Future of Meridian Research: Stay ahead of the curve with the latest developments in meridian research. Explore the exciting potential for future advancements in meridian health, as science continues to unlock the secrets of this ancient healing system. Embrace the Power of Meridians: In "Meridian Master: A Journey Through the Twelve Major Pathways," you'll gain a profound understanding of your body's energetic pathways and how to harness their power for optimal health and well-being. Embark on this transformative journey and embrace the profound impact of meridian health on every aspect of your life. Achieve balance, harmony, and a deeper connection to the essence of your being through the wisdom of the meridian system.

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Using the Chinese energy map for your health

The authors, who are among Japan's foremost teachers and clinicians, have compiled a work that provides a broad, accurate, and detailed foundation for students learning acupuncture or for clinicians who wish to improve their clinical results. This is an important and pivotal contribution to the acculturation of classical acupuncture in the West. Meridian therapy is to

treat the symptoms and syndromes of meridians by the points on the meridians involved, and the selection of treatment points is based upon the distribution and inter-relationships of meridians. Syndromes of meridians form the major contents of meridian therapy, among which are the syndromes of twelve master meridians, the eight meridian syndromes, and the linking meridian syndromes. When the symptom of a meridian involves only one meridian, the points on that meridian may be selected for treatment. When the symptom involves two or more meridians, the points on those meridians may be selected for treatment. When the points on two or more different meridians are to be selected for treatment, the points on the deep-superficial meridians, the points on the hand-foot meridians, and the points on the connecting meridians may be selected. When the symptom under treatment involves two or more internal organs, it may be treated by the meeting-points of meridians. There are close to 100 meeting-points of meridians, some of them are meeting-points of two meridians while others of them are meeting-points of three or four meridians. Here for the first time is a comprehensive explanation of how to unlock the power within each of us. This power, our LIFE ENERGY, specifically determines our mental and physical states. By showing you how to release this energy, Dr. John Diamond will teach you how to: Lead a more productive, creative, and happy life Achieve your fullest potential Deal positively with mental and physical stress Reduce negative emotional states (hatred, anger, jealousy, etc.) and increase positive emotions (love, faith, courage, etc.) Prevent and overcome illness and maintain good health Look younger as you learn to erase the lines of self-doubt and unhappiness from your face Dr. Diamond's approach to releasing LIFE ENERGY is based on his discovery that each of the twelve acupuncture meridians relates to a specific emotional state. By learning to assess these emotional states by using the simple muscle test described in this book, you can determine your present emotional state or anyone else's. By practicing the short daily meditational program, you will keep your emotions and meridians balanced so that you can achieve heightened LIFE ENERGY and maintain mental and physical well-being and harmony every day of your life. "The Meridian project is a series of large-format black and white photographs taken in England on the line of zero degrees longitude. Using GPS technology to establish accurate locations, Johnston photographed on this line from coast to coast, facing either due north or due south. A vertical fluorescent orange line superimposed on the center of the images represents the line of zero degrees longitude, transgressing the conventional purity of the picture plane, and mirroring how we superimpose a rational grid over the globe to regulate space, time, trade and navigation. Although a prime meridian was established at the Greenwich Observatory in London in the late eighteenth century, many other countries used their own prime meridians, to much confusion, and it was not until an International Meridian Conference in 1884 that Greenwich became the global Prime Meridian."--Publisher's description. This book focuses on a key aspect of Nei Gong and Qi Gong which is often ignored in practice; this is the practice of connecting with, feeling and adjusting the energy body directly, using the consciousness. The practice sits somewhere between Qi Gong, meditation and the lesser-known art of Shen Gong, and although it is known in China it has never before been written about in an accessible way in the West. The book contains step-by-step instructions on how to experience the various elements which make up a person's energy body, learning to identify and feel the meridians, and to diagnose imbalances and restore harmony through them. The book contains step-by-step instructions on how to experience the various elements which make up a person's energy body, learning to identify and feel the meridians, and to diagnose imbalances and restore harmony through them. This essential aspect of intermediate and advanced practice will be of interest to Qi Gong and martial arts practitioners as well as to practitioners of Chinese medicine. This book shows how to collect your energy from different sources (food, nature, hereditary factors, etc.) and boost your energy in the meridians and internal organs within your body. These natural, healing methods apply your own spiritual ability to help strengthen your body and improve the functioning of the immune system to achieve exceptional well-being and longevity.

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