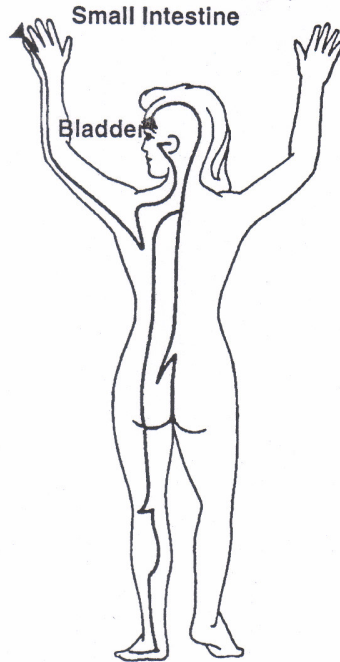
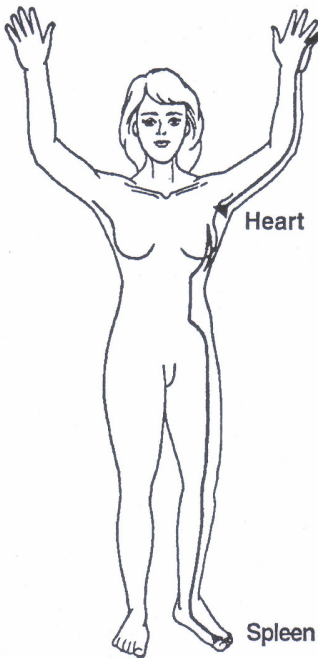
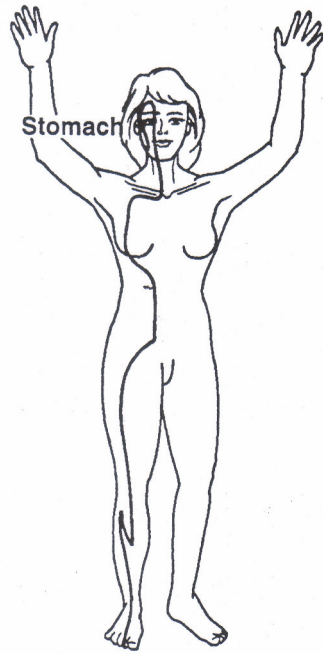
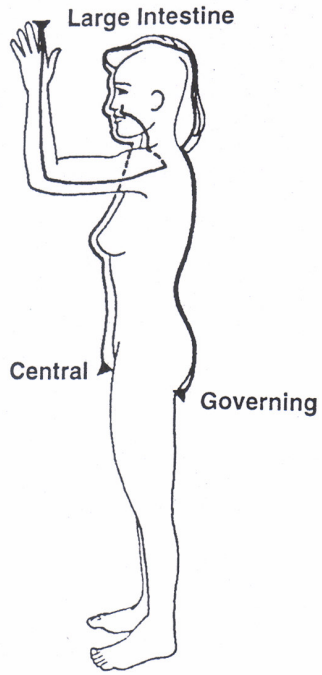
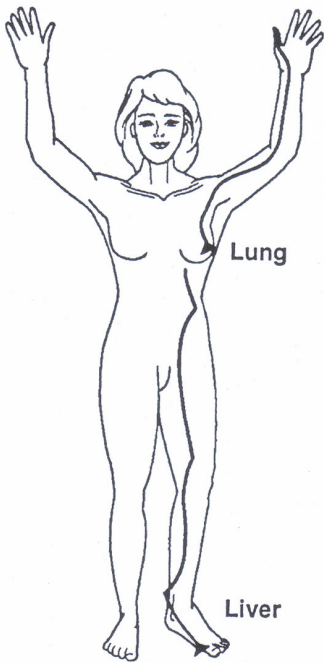
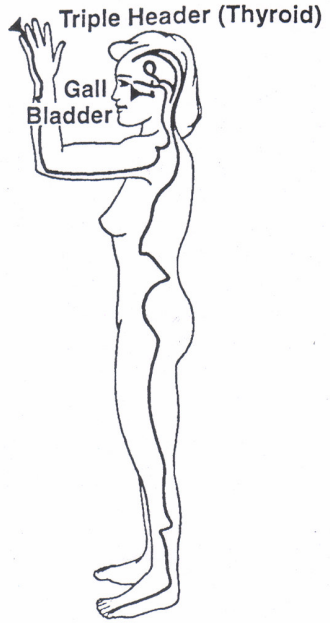
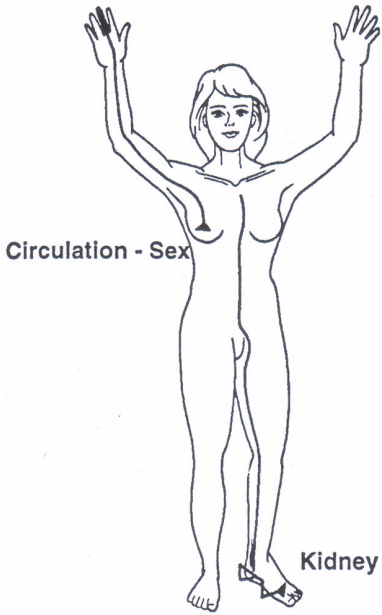


The Meridan Pathways

The Chinese envision the flow of the essential life energy which they call *chi* as moving along a system of pathways or MERIDIANS. Each of these meridians is related to a specific body organ. They are:

Body energy flows along pathways known as *meridians*. These meridians are identified with the name of the bodily organ to which they relate; however, energy actually flows in one continuous, unbroken flow in a well determined order. There are twelve primary meridians plus two labeled “central” and “governing”, as well as many minor connecting ones.





If an energy imbalance occurs in a particular meridian system, the associated organs will be affected. By inserting needles at specific points along the meridian, the energy flow in that meridian can be influenced and a therapeutic effect on the associated organ is brought about.

Acupuncture's ability to treat or block pain is its most accepted role in Western medicine today, although just how it is able to create its analgesic effect is argued. Because these meridians do not follow any known anatomical pathway, mechanistic-oriented minds find it hard to accept that these electromagnetic energy channels are there! Research in the growing field of neuroendocrinology may be able to change this attitude.

Now let us get back to the subject of Muscle Testing and its role in tailoring your personal health regeneration program.

Muscle Reflex Communication System . . .

Dr. George Goodheart, the originator of the specialty called Applied Kinesiology, discovered that there is a direct relationship between muscles and meridians. Muscles can be thought of as "energy pumps" that assist the flow of energy through a meridian. A weak muscle indicates an energy imbalance; a strong muscle indicates the flow of energy is unimpeded.

When I refer to "muscle testing", I am not referring to the strength of a muscle as a physical therapist might assess it, but to the ENERGY condition in the meridian associated with that muscle. This differentiation is an important point to remember.

The body has an ability to sense and feel harmonizing or conflicting energies. This is due to the properties of resonance and dissonance. "When two wavelengths of energy are in harmony or in tune with each other they resonate together. The effect of resonance can be observed when a particular note causes a chandelier to vibrate, or a singer hitting a certain note causes a glass to break. The object was vibrating at the same rate as that particular note, and being in harmony with that note, it absorbs the energy of it and increases its rate of vibration. In the case of the glass breaking, the glass absorbs so much energy that it vibrates apart." Master's Course in Holistic Healing, Nature's Field, 1992.