

Your Meridians: What They Are and How to Use Them for Energy Healing



By Deborah King | deborahking.com

The word 'meridian' might take you back to middle school geography class – and you wouldn't be totally off the map. The meridians used in energy healing are actually a similar concept to the geographical coordinate system you learned about at the age of 12.

All living things are vibratory beings, each constantly sending out unique signals that generate an energy field. Your body grows out of this energy and something if shows up if your field that isn't optimal, like a blockage or distortion, it will manifest in your physical being.

With roots in ancient Chinese and Indian healing practices, meridians are used today by energy healers of all types

worldwide, from acupuncturists in New York City to yoga teachers in Rishikesh, India. Modern science is now proving what healers from thousands of years ago have always known: energy pathways are vital to your health.

What – *and where* – are meridians?

Just like the meridians on our globe make up an interconnected coordinate system, the meridians in your body are energy pathways through which qi (chi) and blood flows continuously.

According to meridian energy healing practice, when the qi flowing through these pathways gets blocked it can have serious consequences for your mind and body. You may find that your vitality diminishes or that your organs aren't performing at their peak. You can even suffer from mental health issues.

The meridians in your body flow roughly along the natural lines of your arms and legs. The practice names the lungs, heart, pericardium (the membrane around your heart), triple warmer (the pathway from the arteries in your neck through the center of your heart), large intestine, small intestine, stomach, bladder, spleen, kidneys, gall bladder, and liver as the principal pathways of the meridians.

Meridians flow up the body (yang meridians) and the other flow down (yin meridians). They are also related to natural elements, and some are more active during the night than the day.

Something to take note of is that their names correspond to their biological function and not always the organs themselves. In addition, there are extra meridians – called centerline meridians – where energy is stored. The two most important centerline meridians run from the bottom of your lip down the front of your body and down the back of your spine.

As mentioned before, modern science proves that meridians

exist. Research scientists at Seoul National University recently have confirmed the existence of meridians, which they call the 'primo-vascular system', and consider it to be related to our cardiovascular systems. To prove their hypothesis, the scientists injected dye into acupuncture points, and were able to see that the dye followed the lines of the meridians. The dye did not appear in places outside of the meridian pathways.

Ways you can use the Meridian healing system in your energy practice

One of the most interesting things about meridian healing is the inherent mind body connection.

For example, we all know that eating a diet full of processed food can make you sick and lead to a whole host of energy problems. In Western medicine, a doctor would simply recommend eating healthier and perhaps give you a prescription. However, an energy healer using meridians would focus on solving the underlying issues that cause the problem, such as mental health issues like anxiety or depression.

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