

RIVERS OF LIFE

Rejuvenating Ourselves through Circulating the Meridian Energy Flows

by Lisa Van Ostrand



Ancient Daoist Theories taught the importance of circulating our energy for self-cultivation as well as for health, healing and longevity. Although many people are familiar with the chakra system, fewer people are familiar with the acupuncture meridian system to the extent that they can actually identify the energetic pathways. In Chinese Medicine, it is well known that disease is present when there is a disharmony in the meridian energy flow.

There are 12 primary meridians: lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, pericardium, triple burner, gall bladder and liver. Although each meridian has its own pathway, they connect to each other and it is important to think of the meridians as one continuous flow of energy.

The sequence, starting with the lungs and ending with the liver represents a continuum of life experiences as well as evolution. We start the flow with the lungs. The lungs represent the first level of survival, being responsible both for our respiration as well as defending us from external pathogens. The liver represents the last stage in self-acceptance. The liver is responsible for the smooth flow of energy. From an enlightened standpoint, it is only us and our non acceptance of a situation that makes things not smooth.

Jeffery Yuen, an 88th generation Daoist priest and Dean of Academic Affairs for the Acupuncture Program at the Swedish Institute, views the meridians as roadmaps of our energy. They are a reflection of the way we are living our life. We might like to inhabit certain meridians more than others. Meridians connect

us with different aspects of ourselves and our relationship with the world. Excesses may represent the things to which we are drawn and deficiencies might be things we want to avoid.

We can learn to assess the state of the meridians by first starting to massage them in the direction of their normal flow.

Dr. Stephen Thomas Chang, in "The Complete Book of Acupuncture," states that massaging the meridians is absolutely invaluable in augmenting the energy within the body, providing for a constant and unimpeded flow of energy along the meridians, and will eventually rejuvenate not only an aging body but a fatigued mind as well. This technique will also help develop your intuitive perceptions of your energy. A famous quote by my Medical Qigong teacher, Jerry Alan Johnson, is that "you can only heal what you can feel."

Once you feel comfortable at the physical level, you may want to move to a meridian meditation and energetically trace the meridians with your mind and intention. ([Click here](#) to download a pdf of the meridians for the meditation.) According to Dr. Chang, the philosopher Lao-Tzu purportedly lived anywhere from 160 to 500 years and faithfully practiced, and strongly advocated the practice of meridian meditation to his disciples.

Once you have mastered the basic flow of the meridians, if you are feeling tired and need to refresh yourself throughout the day, tracing the meridians by the time of day is a great thing to do for your energy. So, for example, if it is 10:00 AM start tracing with the spleen meridian and follow your way around

the clock back to the spleen and end by tracing conception and governing. Tracing your meridian by the time of day is also great for jet lag – by tracing to the new time zone you are on.

About the author:

Lisa VanOstrand is a Doctor of Medical Qigong (China), Dean of Psychology at the International Institute of Medical Qigong, former Dean of Advanced Studies at Barbara Brennan School of Healing and Certified Energy Medicine Practitioner and Core Energetic Therapist. She teaches classes in Energy Healing and Qigong at various locations in the US. Visit www.3treasureshealing.com, email lisa@lisavanostrand.com or call 786-512-7096 for more information.