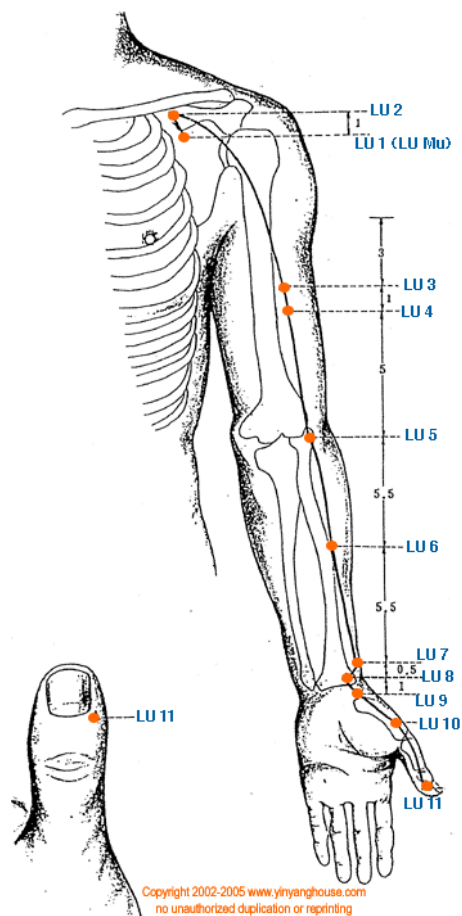


## Unwinding the Meridians with CranioSacral Therapy to Release Old Blocks

CranioSacral Therapy (CST) and acupuncture are both effective avenues of strengthening the flow of energy throughout the body to enhance health. Think of the cranial rhythm as ocean waves and acupuncture meridians as ocean currents. Combining the two can dramatically increase your ability to resolve musculoskeletal problems, organ issues, systemic imbalances and, as you'll see, even the oldest blocks.

At lunch recently I was discussing the concept of unwinding the meridians in relation to classical Chinese medicine with my colleague, Dr. Mow. "Where in the classics does this come up?" I asked. As an example I put one finger on his Lung 11 acupoint (proximal to the radial border at the base of the thumb nail). Then with a finger from my other hand, I contacted his Lung 1 point (six thumb-widths lateral to the midline between the first and second ribs).



From there I felt the cranial rhythm of each point individually, then together. When both points had the same rhythm, I used my intention to feel the flow of energy from one point to the other. Just like with CST, I held the two points and asked the lung meridian to unwind. Soon the entire length of the meridian began to move and untangle itself before settling into a smooth, wavelike rhythm.

After doing the same to the other side from Lung 1 to 11, Dr. Mow said he couldn't place that experience in any of the Chinese classics he was familiar with. He agreed to look into it and said he'd let me know what he found out.

### A Surprising Illness, Long-Standing Results

A few days later I spoke with Dr. Mow, who had never once been ill as an adult. Now, however, he had a horrible chest cold that went into pneumonia within days. While we treated him with herbs and energy work for three weeks, I focused on unwinding his lung meridian. Being a longtime Qi Gong master, Dr. Mow went inside his lungs to follow the process. He told me that deep within his lung was a spot of stuck Qi that had been there since early childhood. This spot had been a limiting factor on his energy, keeping him from using his full potential at any one time.

As I unwound his lung meridian, little by little this block was released and his Qi was freed and assimilated into his energy field. By the time his respiratory symptoms had cleared, Dr. Mow said he was feeling better than he had in years—and he had even more energy for his Qi

Gong practices and healings. What a surprising source of healing this unwinding the lung had become.

## **How to Untangle a Meridian Hands-On**

If you're familiar with CranioSacral Therapy and acupuncture meridians, this simple yet profound practice can add a new dimension to your sessions. Feeling the Craniosacral rhythm of an acupoint is an effective way to communicate with the energy of that point, as well as the whole meridian.

With non-invasive, skin-on-skin contact, you can sense the Craniosacral rhythm with your fingers. The sensation you'll feel is usually a 6-second cycle –3 seconds of expanding and 3 seconds of contracting, or rocking back and forth. Once you can feel the rhythm at one point, then you can communicate with its flow.

As the movement of the acupoint comes into your awareness, untangle the point with your intention and allow the wisdom of your fingers to bring the motion into harmony. After you tune into the rhythm of one point you can focus on the other points to become aware of their individual motions.

To fully untangle a meridian, simply focus on the entry and exit of that channel, one point at a time and then both together. By contacting both points with your intention, you can sense the movements all through the meridians. Then just sit with that meridian. Intend for its energy to untangle any blocks or gaps in its flow to optimize its efficiency.

If you're looking for a place to start, check out the list of entry and exit points located at [www.unwindingmeridians.com](http://www.unwindingmeridians.com). By combining the power of CST and the meridians, you'll more than double your ability to support your clients' ability to self-heal.

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