

NEW DIMENSIONS: PULSE - MERIDIAN CORRELATIONS;
AURICULAR EXERCISE AND THE NERVE PLEXUSES

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Pulse - Meridian Correlations

In the June, 1982 issue of "In Touch for Health" (1) I showed the correlation between 20 pulse points at the wrists and 20 meridians used by the Chinese. Positive and negative emotions associated with three of those pulse - meridian pairings were presented; here emotions for all 20 are presented (Table 1).

Chinese traditional medicine considers that "blood" and "qi" (chi; vital energy) circulate throughout the body in channels and collaterals and that these passageways (59, according to Felix Mann)(2) form a network connecting the superficial and interior portions of the human body, regulating the function of the whole body. Channels are the main trunks running lengthwise, while the collaterals are their branches. Channels can be classified into two groups: 1) regular, and 2) extra (3). The 12 regular channels are the meridians we TFH Instructors are familiar with when we work with the wheel. The Chinese consider the eight extra channels to be different from the 12 channels as they were not known to be related to any of the internal organs. We are also familiar with two of these eight extra channels: the central (conception vessel) and governing (governing vessel) meridians which run along the middle of the body and have their own acupuncture points.

The other six extra channels join together certain of the other regular channels and one or two points on them are supposed to activate the whole channel (2). These meridians are generally known as: Belt, Vital, Mobility, Yin, Mobility Yang, Regulating Yang, and Regulating Yin.

Pulses for the eight extra meridians are located by using intermediate pressure at the wrists. A pulse point for the central meridian is located on the base of the left thumb and for the governing meridian at the base of the right thumb (4). Research with colleagues at the Wholistic Health Center (and confirmed in September 1981 at the Biokinesiology Institute) showed that the other six extra meridians are located at the three pulse positions on each wrist that

PULSE - MERIDIAN CORRELATION TABLE

LEFT HAND

	PRESSURE	MERIDIAN (ORGAN)	POSITIVE EMOTION	NEGATIVE EMOTION
1	Intermediate (Thumb)	Central Vessel (Eye)	Successful	Overwhelmed
2	Superficial	Small Intestines	Appreciated	Unappreciated
	Intermediate	Mobility Yang (Thymus)	Calm	Troubled
	Deep	Heart	Secure	Insecure
3	Superficial	Gall Bladder	Humble	Proud
	Intermediate	Regulating Yin (Adrenal)	Peaceful	Anxious
	Deep	Liver	Content	Distressed
4	Superficial	Urinary Bladder	Assured	Futile
	Intermediate	Vital (Hypothalamus)	Pleasant	Undesirable
	Deep	Kidney	Steadfast	At Fault

RIGHT HAND

5	Intermediate (Thumb)	Governing Vessel (Ear)	Supportive	Unsupportive
6	Superficial	Large Intestines	Mercy	Exasperated
	Intermediate	Belt (Pineal)	Communicative	Speechless
	Deep	Lung	Cheerful	Depressed
7	Superficial	Stomach	Reliable	Unreliable
	Intermediate	Regulating Yang (Spleen)	Happy	Unhappy
	Deep	Spleen (Pancreas)	Approved	Rejected
8	Superficial	Triple Warmer (Thyroid)	Serving	Humiliated
	Intermediate	Mobility Yin (Skin)	Harmonious	Uneasy
	Deep	Pericardium (Reproductive)	Satisfied	Worried

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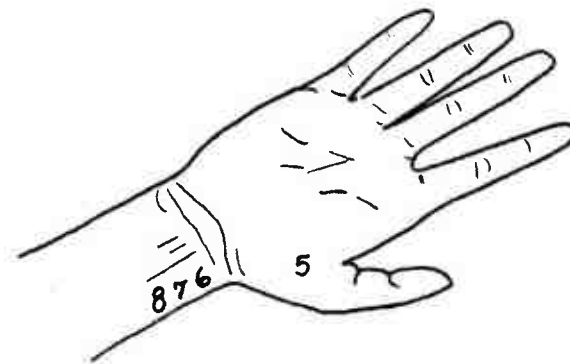
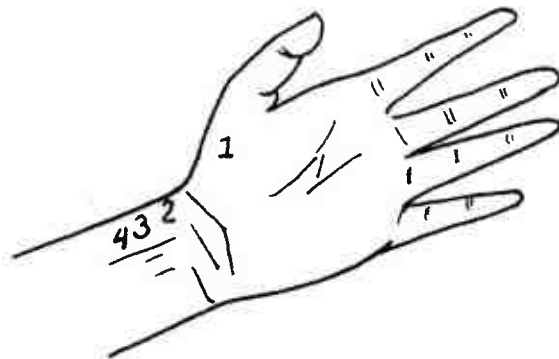


Table 1: The correlation of Twelve Regular meridians and Eight Extra Meridians with superficial and deep pulses, and intermediate pulses respectively, at the wrists of left and right hands. The major positive and negative emotions associated with these pulse-meridian correlations are shown.

we are already familiar with, but at a pressure intermediate between the superficial and deep pressures that we have been using. Thus all 12 regular and eight extra meridians are correlated with pulses at the wrists. These pulses are now known to be over the temporal, carotid, femoral, and dorsal (foot) arteries also.

Correlations between pulses and meridians were made possible by using the positive and negative emotions as outlined in Table 1.

The negative and positive emotions can be used to throw the appropriate pulse and meridian pairings out of balance or to restore them to balance respectively. You will find many applications for this knowledge. For example, if you consistently find a certain meridian out of balance maybe it is because you've been feeling too much of the specific associated negative emotion (or a similar type of feeling) over a period of time, or in one or more traumatic incidences. If so, spend time recalling and reliving past or present examples of the exact opposite positive emotion and build this into your life. It works! Also, I often check the pulses as a quickie way of determining the extent of a person's imbalances.

Auricular Exercise and the Nerve Plexuses

On page 121 of the "Touch for Health" book (5) we find the following:

"The ears seem to function as antennae to draw energy into the body."

"To check the condition of these antennae, test a strong indicator muscle to be sure it's in balance. Then retest with the head turned all the way to the left or right. If the muscle now tests weak with the head turned, make the correction."

"Firmly take hold of -- and unfold as you do so -- the turned over part of the ear. Pull firmly away from the opening of the ear. Continue around and down to the ear lobe, pulling away from the orifice. Now re-test with the head turned as before. The muscle should be strong no matter which way the head is turned."

Undoubtedly, most of us have used this technique successfully, but why does it work?

There are many nerve endings representing the different parts of the body located on the ears (e.g. p.168 of ref. 6) so that stimulating the ears should have a beneficial effect on other parts of the body. However, the auricular exercise does have a yet more significant effect in that it is reflexly associated with ten major nerve plexuses within the body. Each of these plexus areas is comprised of nerves which divide, then join, and again subdivide in a very complex manner forming a network. The solar plexus is one you may be familiar with.

These ten nerve plexuses are shown on Figure 1 and their locations are described in Table 2. John and Margaret Barton of the Biokinesiology Institute have named these nerve plexuses as energy centers (in the Orient many have been described as chakras) and determined that each controls a major system or type of tissue within the body. The body parts and major symptoms resulting from an imbalance in any of these energy centers are listed in Table 3.

To determine whether there is a major imbalance in any of these energy centers test any strong indicator muscle then point your finger tips directly into the body at the locations shown in Figure 1. You should be close to, but do not actually need to touch, the body with your finger tips. If the indicator muscle weakens say the appropriate positive emotion (Table 3). A strengthened indicator muscle verifies that you did have an imbalance in that energy center (or nerve plexus). How can the indicator muscle weaken when you are not touching the body? The imbalanced nerve plexus is emitting a frequency of 69.5 gegahertz (This is the same frequency detected by the Toftness chiropractors). When the nerve endings beneath your finger nails intercept this frequency the indicator muscle will weaken.

How is this related to the auricular exercise? When you find an imbalanced energy center you will be able to restore it to balance by lightly massaging the corresponding ear reflex (Fig. 2) outwards away from the orifice. Lightly massaging, or brushing, in the opposite direction will again return the energy center to an imbalanced condition. Verify for yourself that only one reflex area on the ear relates to each energy center.

To summarize: When we massage outwards on the ear, as in the auricular exercise, we are reflexly restoring balance to any of 10 major nerve plexuses throughout the body that happen to have been out of balance.

References:

1. Wayne Topping, "Pulse - Meridian Correlations", in Touch for Health, June 1982.
2. Felix Mann, "Acupuncture: Cure of Many Diseases", (London William Heinemann Medical Books Ltd., 1971).
3. The Academy of Traditional Chinese Medicine, "An Outline of Chinese Acupuncture", (Monterey Park, CA: Chan's Corporation, 1979).
4. Ellen Moore, "Asking the Body Questions", In Touch for Health Newsletter, Dec. 1980.
5. John Thie with Mary Marks, "Touch for Health" (Marina del Rey, CA: De Vorss & Co., 1973).
6. Stan Malstrom and Marie Myer, "Own Your Own Body", (Orem, UT: Fresh Mountain Air Publishing Company, 1977).
7. Biokinesiology Institute, "Which Vitamin Which Herb Do I Need?", (Costa Mesa, CA: Product of Information Systems, 1979).

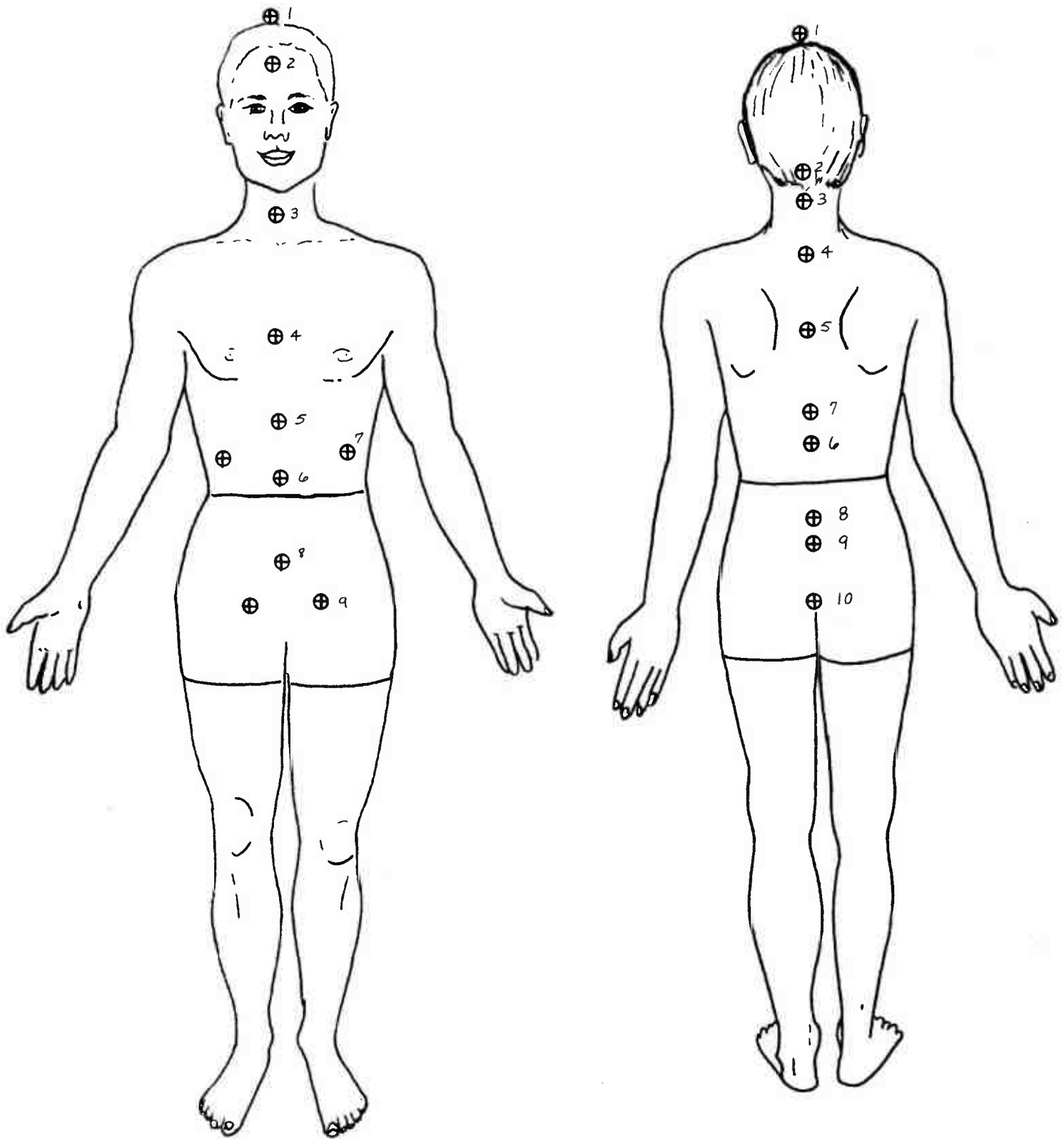


Figure 1: Locations for ten major plexus areas. For written locations refer to Table 2 (Source Biokinesiology Institute)

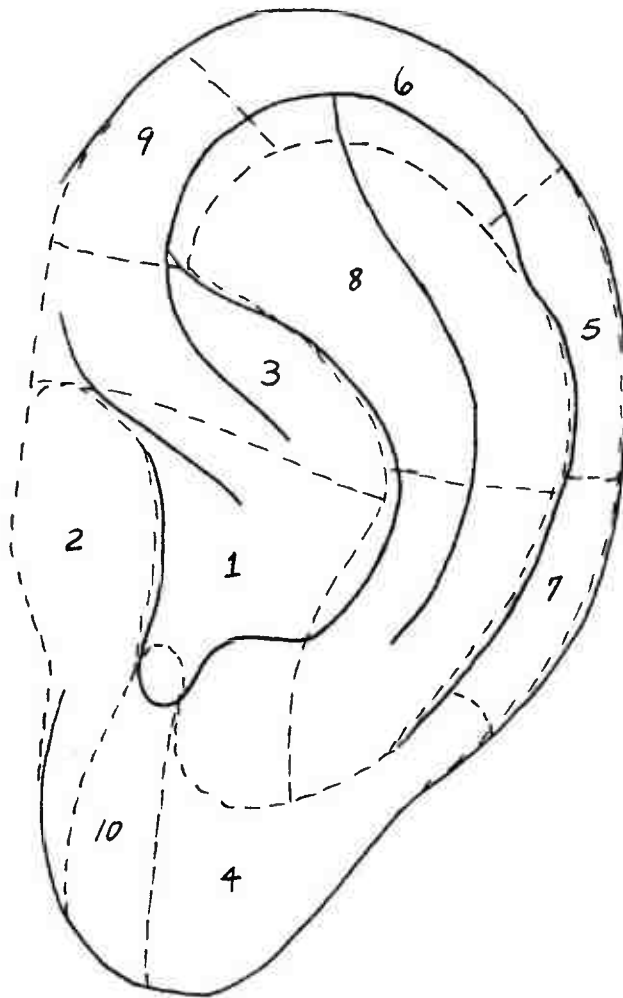


Figure 2: Massaging reflex areas on the ear outwards away from the orifice will help balance any of the 10 major nerve plexus areas. Numbers are keyed in with Tables 2 and 3.

Table 2: Locations for nerve plexuses (energy centers)(taken from Reference no. 7)

<u>#</u>	<u>NERVE PLEXUSES</u>	<u>LOCATION</u>
1	CROWN	Midline on top center of head directly above the ear. Near the acupuncture point 'Governing Vessel 21.'
2	PINEAL	Midline in center of forehead.
3	THROAT	Midline on the center of the Adam's Apple (thyroid cartilage).
4	HEART	Midline on the breast bone near the 4th rib line. Near the acupuncture point 'Central Vessel 18.'
5	DIAPHRAGM	Midline directly under the breast bone (xiphoid process) near the acupuncture point 'Central Vessel 15.'
6	SOLAR	Midline 1/2 way between the navel and the xiphoid process (base of breast bone). Near the acupuncture point 'Central Vessel 12.'
7	SPLEEN	At the base of the rib cage below nipple. Near the acupuncture point 'Spleen 16.'
8	ABDOMINAL	Midline 1 and 1/2 thumbs width below the navel. Near the acupuncture point 'Central Vessel 6.'
9	GENITAL	Four thumbs width from midline immediately above hip bone. Near acupuncture point 'Spleen 13.'
10	TAILBONE	Pointing up at the base of the tailbone. Acupuncture point 'Governing Vessel 1.'

Table 3: Ten major energy centers (nerve plexuses) with the major positive emotion required to restore each to balance, the major part or system of the body controlled through each center and a major symptom resulting from imbalance of each. (from the Biokinesiology Institute)

THE ENERGY CENTER CONNECTIONS

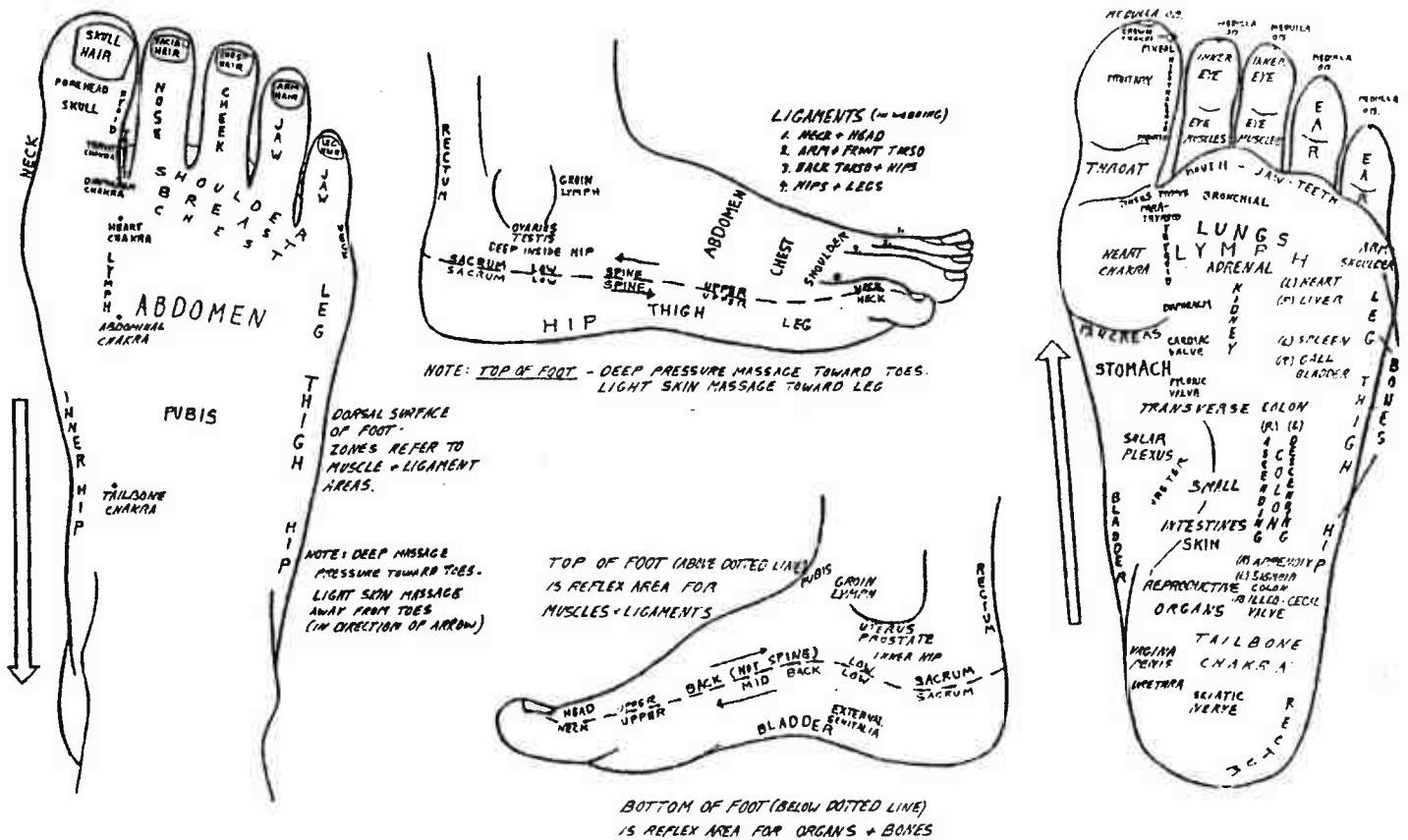
<u>ENERGY CENTERS</u>	<u>EMOTIONS</u>	<u>PART OF BODY</u>	<u>SYMPTOMS</u>
1. CROWN	<u>LOVE</u>	MUSCLES	ACHY MUSCLES
2. PINEAL	JOY	HORMONES	COLOR ALLERGIES
3. THROAT	MILDNESS	FASCIA	JAM\$ ARM TEST
4. HEART	FAITH	MERIDIANS	MERIDIAN IMBALANCE
5. DIAPHRAGM	PEACE	LIGAMENTS	WEAK JOINTS
6. SOLAR	PATIENCE	MUCUS LINING	FOOD ALLERGIES
7. SPLEEN	GOODNESS	CIRCULATION	SOUND ALLERGIES
8. ABDOMINAL	HOPE	TENDONS	WEAK TENDONS
9. GENITAL	KINDNESS	BONES	ACHY BONES
10. TAILBONE	SELF CONTROL	NERVES	NEURALGIA

REFLEXOLOGY - A DIFFERENT APPROACH

In our presentation at the 1982 Annual Meeting, we presented new information on Reflexology. Using muscle testing to verify reflex points, we demonstrated that certain indicator muscles could be brought into and taken out of balance. For example, we tested Pectoralis Major Clavicular---it was strong. We then rubbed lightly toward the heel, over the Stomach Reflex Point, retested, and the arm was weak. We then rubbed toward the toes over the same reflex and the arm was strong. We demonstrated the same techniques with Deltoids, Psoas, Teres Minor and Pectoralis Major Sternal.

Using Biokinesiology, it has been found that these reflexes appear to be located at the subcutaneous level and not deeper as it is commonly thought. Pain felt from deeper pressures are occurring in the muscle, tendon and/or ligament areas and not the reflex point itself.

Try it yourself by following these simple instructions: Massage in the direction of the arrow. Massage for 30 to 60 seconds on any one sore point. Press firmly but do not bruise. Pain is not the criterion for healing - Persistence and Loving Kindness are more effective as a healer to the mind and body.



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- Gary W. Bianconi, Licensed Massage Therapist, has had seventeen years of massage experience. He is a Certified Touch for Health Instructor, and uses Applied Kinesiology, Biokinesiology, Myotherapy, Reflexology, and various forms of massage in his practice at the Wholistic Health Center in Bellingham.