

## M E R I D I A N M A S S A G E R E V I S I T E D

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### MERIDIAN MASSAGE IS ...

The aim of this paper is not to present some fantastic new material, but to emphasise a good old one and share some uses of it out of the experience Bippa, my wife and fellow Instructor, and me gathered during five years of using and teaching TfH. This "good old" technique is **meridian massage**, that means running all your 14 meridians in the order of the "organ clock". Meridian massage is a good example of a very simple way of influencing the body and still getting powerful effects of it.

### ... VISIBLE EXPANSION OF ENERGY

We made our first experiment with meridian massage the day after our graduation from the first ITW we took. We used Kirlian photography (i.e. high-voltage radiation photography to capture the body's energifield on color prints). Each of us made a picture of the top of the indexfinger on the right hand and then we did 4 complete meridian massages on each of us: 2 on ourselves and 2 on each other. All that took about 5 minutes (with the experience we have today wouldn't take longer than 2 minutes). After these 5 minutes we made 2 new pictures of the same indexfingers. The circumstances was identicals. But the pictures was dramatically different. The "after" picture showed the same effect for both of us: the energifield got much "thicker", making the actual print of the fingertop against the film emulsion almost disappear and the expansion of the white color in the aura indicated expansion of healing energy in the body.

This interpretation of the pictures was later confirmed by five years of use of this technique with our family, friends and students. Here are some of the ways you can use meridian massage besides the quick energizing massage mentioned already in the TfH book:

### ... FOR PAIN

Meridian massage (supposed that you are enough sure of the pathways and the sequence of the meridians to make it quick) is an excellent first aid. It works very fine in situations there the person is in so much acute pain that it would feel awkward to even offer a complete balancing or using acupressure for pain. We have experienced that 5-6 runs of the meridian cycle eased an asthma attack of such a degree which otherwise used to force the person to seek help in a hospital. One or few runs help nicely for burns from nettles, blows and any kind of acute pain.

### ... FOR KIDS

In our experience meridian massage is the best fast first aid for children in acute pain (in their case it is even less feasible to balance or use acupressure) and kids seem to react to meridian massage even more than adults. Children also find it very often fun and ten years old children can easily learn it, specially if you teach them one meridian at the time, adding one new on each day (or even less often).

### ... A BACK DOOR TO TFH

Meridian massage is a good introduction to the idea of meridian energy and its practical use. As meridian massage gives a complete "minibalancing" and it is easy to do it on yourself, we find it a good introduction to the TfH-system. Here is our suggestion for

### ... A MERIDIAN MASSAGE WORKSHOP

(one evening or 3 hours with breaks etc)

- PART I (45 minutes) Registration; Introductions; The benefits of meridian massage; Explanation of meridians, meridian energy, organ clock and meridian massage as used in TfH; Demonstration of a meridian massage.  
Deal out handouts. Our handout is 2 pages: The meridian figures, the organ clock and a few sentences long explanation of how to follow the meridian cycle (all that you find on pp 18-19 of the TfH book) and the description in words of the pathways of each of the meridians.
- PART II (45 minutes) Pair up the class and practice. Have them first do meridian massage on each other, take turns and change around the couples. Have them then do the meridian massage on themselves. Give verbal and visual guidance the whole time.
- PART III (30 minutes) Accelerated learning session about the meridians and how to do a meridian massage.
- PART IV (15 minutes) Ending up of the class: talk about meridian massage as part of TfH and the bigger perspectives TfH gives. Name the next TfH classes to be held.

### ... INSTANT

Meridian massage is great instead of coffee: it is instant when you are obligated to work late nights. You do it every hour. It worked for us when we had 2 days left with 4 days work to do before leaving the Swedish edition of the TfH book to the printer. It works for me right now when writing this paper. I hope you are better in planning your time than we are. If not - try meridian massage!

### ... FOR PREVENTING JET LAG

Last september I was flying to London from Stockholm and on the plane I read British Airways High Life magazine. There was an article of Cliff Michelmores about how to beat jet lag. The article was called "Resetting The Body Clock" and presented the methods of England's and the U.S.' foremost scientific authorities in chronobiology (the study of man's internal biological rhythms). The article presented a very scientific-looking formula (I couldn't really follow it, but I understood that according to that I would need to rest for 18 hours after have flown from London to New York. The other methods included not only a **postflight** program, but

also a **preflight** and an **inflight** step to follow. The conclusion of the author of the article was: "I know, and you know, that non of us will do all of those things, or even any of them."

Now, if you still suffer from jet lag and need a more encouraging message: Meridian massage can help you **prevent** jet lag with only one continuous inflight step! Or at least that is what it did for me and Bippan during several trips over the Atlantic since we took our first ITW. The first time I used this technique alone and the difference in our level of adaptation to the local time was remarkable. We arrived to London in the morning and while Bippan was sleeping in the hotel room during the whole day, I was walking around in the city as after a good night's sleep. So when we next time flew Westbound, both of us did what I am going to describe in this paper, and the result was astonishing this time too. We left London in the morning after very little sleep. We arrived to San Francisco late afternoon when the time (London time) should have been after midnight for us. Despite that we took the bus to Berkeley, had a good diner, met some friends and went to sleep around midnight (8 o'clock in the morning, London time). Next morning we walked up as usual.

The theory behind this use of the meridian massage is (very simplified) the following: According to the organ clock every meridian should get its energy evenly spread over a two hours period. When flying over time zones, a lot of your meridians miss it's normal "recharge". Instead of spending two hours in that zone, you pass it in much shorter time when flying Eastbound, while just a few of your meridians get overloaded during an abnormally long time when flying Westbound. Meridian massage helps the energy which is however coming into you to be "smoothed out" over the entirety of the meridian system.

As to help you to have more fun during your flights (supposed that you have fun with the same things I do) and to make my paper more scientific-looking, I will present here two formulas for estimating when you are passing a time zone and which meridian should be stimulated first (i.e. which meridian is getting the most energy) at that time. (Both formulas are merely theoretical, because they are based on the assumption that an aircraft has a constant velocity.)

Let's take an example: You are flying from New York to Los Angeles. The time of departure is 9.30 (EST = GMT - 5h) and the time of arrival is 12.15 (PST = GMT - 8h), both local times. (The effects of jet lag are not as dramatical here as they would be flying overseas, but this example involves much less counting.)

To know the approximate (theoretical) times for when you pass a time zone, take the times of departure and arrival, both expressed in the same time zone (in this case EST): 9.30 and 15.15. You can now see that the actual flight time will be 5 hours and 45 minutes. Now divide this time with the amount of time zones (including the one you end your trip in) in this case 4. That means that you will pass a time zone approximately every 1 hour and 26 minutes.

To make it look more mathematical: if we call the interval between time zones "a", the formula for "a" is:

$$a = \frac{\text{Actual flight time}}{\text{amount of time zones inclusive arrival zone}}$$

which in our example gives you:

Departure = 9.30 (EST)  
 1st time zone = 10.56 (EST)  
 2nd time zone = 12.22 (EST)  
 3rd time zone = 13.48 (EST)  
 Arrival = 15.14 (EST)

Now to know which meridian is getting the most energy, or, with other words, what is the actual time in each time zone when you pass them, keep adding "b" to the time of departure. To get "b" you take the difference between the times of departure and arrival both expressed in local time (N.B.: Don't forget to take into account next day arrival!) and divide it again with the amount of time zones. The formula is:

$$b = \frac{\text{Difference between departure \& arrival (local time)}}{\text{amount of time zones inclusive arrival zone}}$$

which in our example gives 41 minutes. Adding that on gives you:

Departure time: 9.30 ---> Spleen meridian  
 1st time zone: 10.11 ---> Spleen meridian  
 2nd time zone: 10.52 ---> Spleen meridian  
 3rd time zone: 11.33 ---> Heart meridian  
 Arrival time: 12.14 ---> Heart meridian

Let's now look to an Eastbound and overseas example:

Departure Los Angeles 13.45 (PST = GMT - 8)  
 Arrival London next day 7.50 (GMT = 23.50 PST)  
 (N.B.: Don't forget to take away eventual daylight saving hours!)

$$a = \frac{10h\ 05'}{9} = 1h\ 07' \qquad b = \frac{18h\ 05'}{9} = 2h\ 01'$$

	Zones (PST)	Local times	Meridians
Departure	13.45		Small Intestine
1st zone	14.52	15.46	Bladder
2nd zone	15.59	17.47	Kidney
3rd zone	17.06	19.48	Circulation-Sex
4th zone	18.13	21.49	Triple Warmer
5th zone	19.22	23.50	Gall Bladder
6th zone	20.29	21.51	Liver
7th zone	21.36	3.52	Lung
8th zone	22.43	5.53	Large Intestine
Arrival	23.50	7.54	Stomach

P.S. Would you find my formulas more complicated than fun, feel free to try something else for avoiding jet lag. You surely get results just by running every hour the whole meridian cycle, beginning with any of the meridians as long as you do all of them and add Central and Governing Vessel. Sounds easier?