

## Balancing Meridians

by Elizabeth Barhydt, BS, and Hamilton "Hap" Barhydt, PhD

We first learned about balancing meridians from Richard Utt. As explained in his book, *Applied Physiology II*, a meridian is in balance only when all of the acupuncture points on the meridian are in balance. A meridian can be brought into a state of balance by individually testing each acupuncture point and balancing those points that are found to be out of balance or lost. (Note: Utt has shown that it is possible for an acupuncture point to disappear from its normal location and thus in effect become

temporarily lost.)

A simple way to test meridian balance is to use a balanced indicator muscle (see Note 1). Run your hand over the length of the meridian in the forward direction (i.e., from beginning to end); then test the indicator muscle and note the result. Repeat the test after running your hand over the meridian in the reverse direction (i.e., from end to beginning). There can be three possible results as shown in the table below:

<u>Condition</u>	<u>Forward</u>	<u>Reverse</u>	<u>Indication</u>
1.	locked	locked	All acupuncture points are in balance.
2.	locked	unlocked	One or more acupuncture points are out of balance.
3.	unlocked	locked	The meridian energy is switched or reversed.

The exciting thing to notice is that, when the meridian is fully balanced, running your hand over the meridian in either direction will not unlock the indicator muscle. We don't find this situation very often except when the testee has had their meridians balanced previously.

Usually we find the 2nd test result where the indicator muscle tests unlocked after running the meridian backwards. But this means that one or more acupuncture points on the meridian is out of balance. This can be corrected by testing the acupuncture points individually and balancing those that are out of balance, as described in Richard Utt's *Applied Physiology II*. It is a complex procedure because an acupuncture point has seven possible states of balance, some of which require the use of a magnet to detect.

We experimented with this ourselves, using Elizabeth as the testee. We used the heart meridian first because it has only 9 acupuncture points on each side. When we started, the indicator muscle tested weak when the meridian was run in the reverse direction and strong when the meridian was run in the forward direction. Testing the

individual points per Richard Utt's procedure, we found several out of balance, including hyper and hypo frozen points. We then proceeded to balance them using Richard Utt's balancing procedures. (Details may be found in *Applied Physiology II*.) Finally we retested the heart meridian and found that the indicator muscle remained strong after running the meridian in either direction, just as Utt had predicted. We repeated the experiment with the lung meridian, which also has only 9 acupuncture points, with the same result.

At this point we had spent over two hours balancing just two meridians! We had intended to continue to balance all the meridians, but the thought of balancing the bladder meridian with 67 acupuncture points on each side got us to stop and review the situation. As usual we thought there had to be an easier way. After some experimentation we worked out the following procedure:

1. Check the meridian overall state of balance by testing a balanced indicator muscle after running the meridian backwards and again after running it forwards:

- a. If condition 1 above is observed, the meridian is in balance.
  - b. If condition 3 above is observed, do Cook's Hookups to correct the switching and repeat step 1.
  - c. If condition 2 above is observed, continue to step 2.
2. Two-point CL (see note 2) the two ends of the meridian. The indicator muscle will unlock.
  3. Balance by using the Digital Determinators (Finger Modes) to determine the priority balancing mode. [Note: In a very high percentage of cases either the Frozen Muscle Basic Balance or the Structural Basic Balance from our new book, *Self Help for Stress and Pain*, will accomplish the required balance, eliminating the need to do Digital Determinators.]
  4. Confirm the balance by retesting the indicator muscle, presuming you are still holding the meridian balance signal in Signal Lock. The indicator muscle should now test locked.
  5. Further confirm the balance by repeating Step 1. Condition 1 should now be observed; that is, the indicator muscle tests locked after running the meridian in either direction. This confirms that there are no out of balance or lost acupuncture points.

To complete the experiment, we repeated our earlier experiment using Hap as the testee. We determined that his heart meridian was in condition 2 and proceeded to locate the out of balance acupuncture points by testing each point using Utt's procedures. Next we balanced the meridian using the procedure just described. We retested the meridian and found that it was now in condition 1. We retested all nine acupuncture points on the heart meridian and found them all to be in balance. We repeated the test on the lung meridian with the same result.

We then proceeded to balance all 14 meridians described in the *Touch for Health Book*. Note that the bilateral meridians (all except the central and governing meridians)

need to be individually balanced on both sides.

We then went on to check the 8 additional meridians described in Dr. Wayne Topping's book on the 8 additional meridians. We found them to all be in balance. Since none of the original 14 were found to be in balance initially, we feel that it is safe to assume that the 8 additional meridians were not initially in balance. We speculate that, since the 8 additional meridians appear to be connectors between the other 14, balancing the 14 also balanced the additional 8. So we also wonder if starting by balancing the additional 8 would balance the basic 14. We leave this as a possible area of research for someone else who may be curious of the intricacies of meridians.

One might ask, "Why balance the individual meridians, when virtually everyone is running around with out of balance meridians?" Our basic answer is that the more balance you can develop in your body-mind, the better it will be able to cope with the many stressors that it continually encounters.

Hap had a problem with the mitral valve in his heart (diagnosed as a heart murmur by the medical community). He normally manages this situation by appropriate nutritional supplementation, balancing the heart valves (see note 4), balancing the autonomic nervous system (see note 5), maintaining the heart-brain balance (initially described by Steven Rochlitz, see note 6), and BALANCING the heart, triple warmer, and circulation-sex meridians. To maintain these balances he found he must limit his maximum pulse rate to about 128 during aerobic exercise (about 80% of the maximum heart rate for his age of 60 years). When he occasionally gets over-enthusiastic and exceeds this pulse rate, he often experiences mild chest pains afterwards. Generally he finds that his circulation-sex meridian has gone out of balance. Rebalancing the mitral valve, if required, and the circulation-sex meridian results in immediate relief from the pain.

Elizabeth slipped in the shower room and gave her head a hard knock against the tile wall, creating a mild abrasion and a good sized lump. She immediately did our basic

*Self-Help for Stress and Pain techniques*, in particular the Reactive Muscle, Frozen Muscle, and Structural Basic Balances, right at the scene of the accident to minimize the developing trauma. When she returned, Hap used the Digital Determinators (from *Professional Health Provider II* by Bruce and Joan Dewe) to find out what else could be done. The indication was Cranial Inspiration Reset. After completing this balance, there was still some throbbing and residual pain; so we proceeded to check the meridians that ran through or near the affected area. The stomach and gall bladder meridians were out on both sides. After balancing these meridians, the throbbing went away completely and the pain was nearly gone, and the lump was much less tender to the touch.

So we urge you all to balance your 14 meridians so that they test strong after zipping in either direction. Then, when you are experiencing a problem, to recheck the meridians and rebalance those that have gone out of balance. If our experience is any guide, this should help to reduce the stress and pain being experienced by your body-mind.

The next time that you check somebody's Central Meridian with a balanced indicator muscle after zipping down and after zipping up and find it locked both times you know that person has been doing their meridian balancing homework.

### **Notes**

**Note 1: Balanced Indicator Muscle.** Remember that a balanced indicator muscle will test locked after saying, "My name is [use correct name]", and will test unlocked after saying, "My name is [use incorrect name]."

A muscle that tests locked in both cases can usually be balanced by tapping the alarm points for the associated meridian associated with that muscle or using the Frozen Muscle Basic Balance from our new book, *Self-Help for Stress and Pain*.

If the muscle test results are reversed, this can be corrected by doing the correction for Visual Inhibition or the Five Finger Quick

Fix, also described in *Self-Help for Stress and Pain*.

**Note 2: CL** is short for Circuit Localize. To circuit localize a point, place two fingers on the point and test a balanced indicator muscle. The indicator muscle response reflects the balance condition represented by the test point.

**Note 3: Signal Lock** is a technique for holding the signal from a muscle test in circuit for the purpose of doing additional muscle tests relative to the specific imbalance indicated by that signal or for carrying out balancing corrections. Techniques for signal lock include spreading the legs (from Dr. Alan Beardall), opening the jaw (from Richard Utt), zipping up the forehead (from Jan Cole), etc.

**Note 4: Balancing the Heart Valves.** Heart valve balance can be checked by CLing the spot where a stethoscope would be placed to check that valve and testing a balanced indicator muscle. Use the Frozen Muscle Basic Balance from *Self-Help for Stress and Pain* or use the Digital Determinators to find the priority balance technique.

Tricuspid valve: on line with nipples just to the right of the sternum.

Mitral valve: directly under left breast nipple (about 1 inch down on men, less on women).

Aortic valve: on upper edge of 4th rib just to right of sternum.

Pulmonary valve: between 3rd & 4th rib 1 to 2 inches left of sternum.

(Right and left refer to testee's right and left sides.)

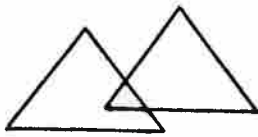
**Note 5: Balancing the Autonomic Nervous System.** In the autonomic nervous system, the sympathetic nervous system facilitates (or speeds up) organs (in most cases), and the parasympathetic nervous system inhibits (or slows down) organs (in most cases).

The sympathetic nervous system can be CLed by touching the right ear lobe and testing a balanced indicator muscle.

The parasympathetic nervous system can be CLed by touching the left ear lobe and testing a balanced indicator muscle.

Use the Digital Determinators to find the priority balance technique. In most cases the Frozen Muscle Basic Balance from *Self-Help for Stress and Pain* will bring balance.

**Note 6: Heart-Brain Balance.** This was first described by Steven Rochlitz. He uses a modified cross crawl incorporating the subscapularis muscle into the contralateral arm movement to establish heart-brain balance.



heart-brain symbol

We test for heart-brain balance by two-point CLing the heart and brain with a balanced indicator muscle or by using the double triangle heart-brain balance symbol. (See our paper, *Universal Symbols*, published elsewhere in this journal, for more details.)

Balancing can usually be achieved by putting the double triangle muscle test signal into Signal Lock, and tapping the heart meridian alarm point or using the Frozen Muscle Basic Balance from *Self-Help for Stress and Pain*. For the odd case where this doesn't work, use the Digital Determinators to find the priority balance technique.

**Note 7: Frozen Muscle Basic Balance.** This new balancing technique from our book *Self-Help for Stress and Pain* is somewhat misnamed. We have found that in most cases the technique will balance all activated under energy and over energy meridians and muscles. For example, do a 14 or 42 muscle test, checking for both over and under energy muscles and meridians. Then do the Frozen Muscle Basic Balance. Then repeat the muscle tests. In most cases all the muscles and meridians will be found in balance. If some out-of-balance muscles are found, they are probably reactive and can be balanced by using the Reactive Muscle Basic Balance, also found in *Self-Help for Stress and Pain*.

**Note:** *Self-Help for Stress and Pain* is available from the T.H.Enterprises store.