

## The Spiral of Life

by Dominique Monette, MD

Based on the teachings of the Japanese Shiatsu teachers with whom I lived several years ago, here is a way to expand the TFH wheel and to understand on other levels why this or that meridian is always out of balance in a specific person.

### The Vital Circle

The energy enters the wheel through the Lung meridian, Therefore we will start with this meridian for our walk into the cycle of life.

The first thing a baby does after birth is to make borders. He needs to know, even unconsciously, where his limits are, where the inside is, and what the environment is. He needs to be able to exchange, to interchange with the outside. This was the word: EXCHANGE. The LUNG and LARGE INTESTINE meridians have this important function without which it is impossible to live: exchange on a subtle level for the yin LUNG meridian with the breathing and on a material level for the yang LARGE INTESTINE meridian with the excretion.

When the child is able to exchange, to know where is the inside and where is the outside, the first thing he needs to do to survive is to OBTAIN FOOD. We will hear it: I want... He will ask for material food, the function of the STOMACH meridian, and for subtle food, the function of the SPLEEN meridian.

You will see a lot of occidental people with a spleen imbalance. Just ask them, "Do you think a lot? Do you always have some thought turning in your head?" The answer will probably be: "Yes, how do you know that?" Only because the "spleen person" always WANTS to have more/all the information until his head is full or empty because it is too much.

It is nice to be able to obtain food, but you cannot survive if you cannot make this food become yours. The function of the HEART and SMALL INTESTINE meridians is the

ASSIMILATION. The transformation of what is coming from the outside into me, my blood (SMALL INTESTINE) and into MY thoughts, feelings... (HEART). The HEART meridian is really representative of my deepest inner center, and it can be difficult to integrate what is coming from the outside, if I am not in balance and if it's anger, for example, that I receive from the outside. The HEART meridian is related to these emotions, these feelings, which are touching me deep inside.

Once the assimilation is made, the baby is able to go into action that he now has the energy for. It is the KIDNEY meridian which gives the vitality, the IMPULSE to go forward. It is responsible for the distribution into the body of all the food it has assimilated. But the use of this energy, this impulse, needs purity to be optimal. And this is the function of the BLADDER meridian, it is PURIFICATION. The Bladder purifies the body through urine elimination (material energy), and the body, now purified, allows the subtle energy of the Kidney to go into action, to move forward.

Going forward the baby will meet "the others and the world". He will discover that it's not always easy to meet them. He will need PROTECTION. This is the function of the CIRCULATION SEX and the TRIPLE WARMER Meridians, the surface protection of the being's deepest center. On a material level (climates, viruses,...) with the Triple Warmer meridian, and on a subtle level (emotions, superficial feelings,...) with the Circulation Sex meridian. When this latest meridian is out of balance, you'll often find a person who is touched in his/her feelings and emotions, but not on a so deep level as for the Heart meridian.

Last, but not least, we have the LIVER and GALL BLADDER meridians. After all these experiences, the baby arrives at the end of the cycle. To continue he has to MAKE a RESERVE of his energy and to use it properly. He has to make a CHOICE. Here is

the big word. This is the end of the cycle. What will I do with my energy? In which direction will I go now? I have so many opportunities, so many directions in which to go! Which decision to take? And imagine what is happening with people having a Liver imbalance? They want to go in this direction, or maybe into this one, or that one,... It's really hard for them to make a choice, to make a decision.

And when we are at the end of a cycle, the first thing we need to start a new cycle is **TO MAKE A CHOICE**. (Therefore I have called this lecture *The Spiral of Life*)

We are now at the end of the cycle. What is this cycle? It is life, and you can find it in every life experience: a job, a relationship, holidays, a phone call, the meeting of a new person, a dream, this lecture,...

### **The position of the meridians on the body.**

Do you know that the position of the meridians on the body tells us about their functions? Look at the **LUNG** and **LARGE INTESTINE** meridians. They are located on the outer side of the arms. And what is their function? Exchange with outside after having established a border.

And what about the **SPLEEN** and **STOMACH** meridians? They are located in the front of the body. They help us to get our material and subtle foods. They serve to take in and bring food to the body.

The **HEART** and **SMALL INTESTINE** meridians, responsible for **ASSIMILATION**, the central control, are located on the most inner part of the arms, the most central part.

Both **KIDNEY** and **BLADDER** meridians, located in the back of the legs, are able to give us a kick, an **IMPULSE** to go forward, into action.

The **CIRCULATION SEX** and **TRIPLE WARMER** meridians are located in the middle of both the front and back parts of the arms. They correspond to the surface, located between the outside (**LU** and **LI**) and the inside (**H** and **SI**). Their function: the **PROTECTION** of the center against the outside.

And where are the **LIVER** and **GALL BLADDER** meridians located? On both the inner (**LI**) and outer (**GB**) sides of the legs, on sides which are opposite to one another. No wonder it's sometimes difficult to make a choice, if we are attracted to one side and to the other.

The Shiatsu Master whose intuition developed this material and its presentation, is called Shizuto Masunaga. He made significant contributions to Shiatsu and created a new way of practicing it. His school is called Iokai Shiatsu. However, I have never met him; he died a few months after I started to learn Shiatsu.