

MERIDIAN ENERGY BRAIN INTEGRATION

by Marjorie Ragon

The ideas for the processes I call Meridian Energy Brain Integration and "Marjorobics" came to me after Steve Rochlitz presented heart brain integration last year. I wondered about testing other organs with an X; and when I tested mine, I found that many of them were weak. This method of testing soon evolved into a simple quick procedure of testing each alarm point using a finger mode of X (middle finger over index finger). Many times alarm points that test strong with deep touch for under energy and light touch for over energy will test weak with the X test. The correction is a cross crawl patterning with the indicator muscle of the meridian involved.

Cross crawling indicator muscles is simple to do. Most everyone has done a supraspinatus cross crawl when marching in place and touching right hand to left knee and then left hand to right knee. Opposite arms and legs are used when cross crawling indicator muscles. Supraspinatus, teres major, subscapularis, teres minor, anterior deltoid, pectoralis major clavicular, pectoralis major sternal and latissimus dorsi can all be cross crawled by marching in place as the arms go through the range of motion of the indicator muscle. For example, when cross crawling teres minor:

1. Place both arms into contraction (which is the Touch for Health position)
2. Move the right arm across the chest (to extension position) as the left knee is uplifted
3. Move the right arm back to contraction as the left knee is lowered
4. Repeat the procedure using left arm and right leg

I have found my arms and legs seem to go in similar movements automatically so that when doing latissimus dorsi, for instance, instead of

marching, my opposite leg goes out to the side just as the latissimus arm movement goes out to the side. And when my right anterior serratus arm moves downward from contraction to extension, my left leg automatically kicks forward and up with knee straight (matching the straight arm movement).

When cross crawling leg indicator muscles, the arm automatically mimics the leg movements. For example, when my right foot is pointed toes up and out in a peroneus test position ready to move to "down and in", my left hand automatically starts in a position of fingers pointing up and out; and the hand moves in as the foot turns inward.

Since this cross crawling seemed to correct so many imbalances, my next thought was "Why not short cut, eliminate the testing, and just cross crawl all the indicator muscles?" This I started doing every morning as a self help general balance. When I presented this idea to a group last October, it was suggested that this series of cross crawl exercises be called Marjorobics.

This testing procedure has fulfilled a desire to find a method of quick easy testing with simple corrections for people who feel they cannot or will not take the time to learn all of our Touch for Health techniques. For those who live alone the 'Marjorobics' provide an effective general self balance.

This new technique was and is exciting to me because of the success achieved with it. I have been experimenting on family, friends and neighbors for a year, and the results have been most gratifying. Most people feel better after a general balance of all the weak X meridians. However, I have observed more dramatic results when, after doing the general balance, I address specific

problems. Quite often specific problems seem to follow the same pattern of weaknesses found in the general balance. The following are samples of "wins" dealing with specific problems.

1. For several months my friend had had chronic low back pain. I touched the painful area, pause locked the weak muscle response, balanced the weak X meridians, and the pain was gone.
2. Another friend was suffering from sever shoulder pain. Testing revealed hypo and hyper frozen muscles in the entire shoulder girdle. This time I experimented by just having her think of the pain, pause locked and balanced. All of the muscles unlocked which, of course, relieved pain and tension.
3. A neighbor had a respiratory problem with a chronic cough which lasted several months. He had had all the antibiotics the doctor could allow, had gone through a number of respiratory tests, but no cause or treatment was found for the condition. In this case I had him think about the cough while I touched the chest and throat area, pause locked and balanced. Within two weeks and three balances the cough had completely disappeared.

From the work done this last year I have found that integrating the meridian energy in left and right brains by cross crawl patterning of various muscles associated with the meridians accomplishes the following:

1. Balances left and right brains
2. Relieves emotional stress
3. Restores thymus energy
4. Relieves pain
5. Unlocks hypo and hyper frozen muscles
6. Balances acupuncture points
7. Corrects polarity reversals
8. Balances meridians
9. Balances muscles
10. Relieves allergies

Some of the advantages of using this technique are:

1. The only thing that needs to be tested is the X on the alarm point. I tested frozen muscles, polarities, thymus energy, meridian and muscles energy, etc. merely as an experiment to verify the effectiveness of the Meridian Energy Brain Integration.
2. In order to do this balancing it is only necessary to know meridians, associated muscles and alarm points.
3. It is less strenuous for testor and testee.
4. It can be done without a massage table.
5. The testor can do the cross crawl as a surrogate for the testee. This is advantageous when working with invalids, infants, severely injured people, or anyone who is unable to do the cross crawl for any reason.
6. It is quick and simple.

Demonstration: Marjorobics.

Demonstration: Meridian Energy Brain Integration Balance

Basic Procedure for a General Balance

1. Get a good indicator muscle.
2. Using an X finger mode (middle finger over index finger—symbolic of left and right brain integration) test each alarm point with a light touch.
3. Balance each weak alarm point by cross crawling the indicator muscle for that meridian.
4. Retest with the X finger mode.

In summary it seems that cross crawling muscles associated with each meridian achieves a master polarity balance as well as a brain hemisphere integration. It seems that when meridian energy itself is integrated, other imbalances that are associated with the meridian are corrected. I invite and encourage you to try this simple quick technique for yourself and to incorporate your own unique creative ideas into this method of balancing. ■