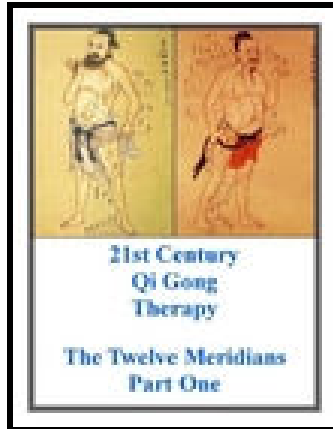


21st Century Qi Gong Therapy
-Level Six-

**“The Twelve Meridians”
Part One**

By Ashida Kim



*Review by: John C. Enger, Ph.D., Th.D., D.Min.
Grandmaster – 10th Dan
Shinja Buke Ryu Kenpo*

"There are meridians on the arms that are connected to organs and the entire body. So as you press on the physical body and release tension, it allows the energy in the body to flow."

~ Phoebe Diftler

In this lesson the student is going to learn much more than there is 12 main meridians, but that *"Qi flows in specific directions and flows through the body in a 24-hour cycle called the Midday-Midnight Law (diurnal cycle) which begins in the Lung Meridian and ends at the Liver Meridian."* This is important because by doing therapy on the meridians and their points, one can restore balance and maintain proper Qi flow.

The student is not required to learn the individual points but familiarity with the locations of the meridians.

This particular lesson begins with the Lung Meridian which is the most external of all the Large Intestine Meridian and Organs. You will further study the Large

Intestine Meridian and Organs, the Stomach Meridians and Organs, Spleen Meridians and Organs, the Heart Meridians and Organs, Small Intestine Meridians and Organs. Each of these specific areas also covers the “Psycho-Emotion Aspects” and the “Diseases” of these particular meridians.

You are provided with 14 complete charts covering each of the meridians, the time of day they are most active and number of points each meridian is composed of. I found the charts to be very useful and quite clear and a very good teaching tool.

Included with this study is a separate chart on the “Small Heavenly Cycle” which is accompanied by its corresponding relaxation exercise which I found to accomplish just what it sets out to do.

The skill set to be learned in this lesson is “Meridian Breathing for Balancing” exercise. Grandmaster Ashida Kim states *“The meridians control the circulation of energy between the Five Elements that compose the Physical Self. Even though the meridians have times throughout the day when they are more active, these exercises can be practiced at any time of the day. They can be performed standing up, sitting down, or lying down. The Twelve Meridians Exercises must be learned in precisely this sequence, as this is the true circulation of Qi from one meridian to the next in accordance with the Law of Midday-Midnight. By attaching the breath and mental focus to each, the direction of flow can be easily recalled and the meridians can be differentiated into their Yin and Yang components.”*

I found this to be an excellent study on the first six of the twelve meridians!