

# **The Energy Body And Meridians**

The ancient Chinese believed in a 'life energy' or 'life force' which they called the 'chi'. According to the ancient Chinese, the chi flows through a circuit system of channels surrounding your body. They called these channels 'meridians'. When the chi flows naturally through these meridians, the body is at 'ease'. However, congestion or imbalances in this flow can express themselves as adverse symptoms on the level of your 'physical' body as various forms of 'dis-ease'.

There are 12 main meridians, and many more subsidiary ones that are all mutually connected. These meridians connect 'organs' through which they channel the chi. However, organs in Chinese traditional medicine are not exactly the same as the anatomical, 'physical' equivalents we know today. They are more like 'centers of energy' that exist separately from their 'physical doubles', and are often associated with certain emotions. That is to say, that specific emotional trouble will cause problems with the energy flow in specific 'organs' associated with that emotion. In addition, these 'organs' do not exist at one specific place, but are just associated with certain functions, and emotions as mentioned. It is this meridian system on which for instance the practice of acupuncture is based. Acupuncture points occur at places where meridians come together and cross. Obviously, EFT is based on the meridian system too. It applies meridian tapping instead of using needles.

Many members of the mainstream medical community still dismiss the whole idea of the meridian system channeling the chi as a figment of the imaginations of the 'primitive' people of ages ago. However, a French researcher by the name of Pierre de Vernejoul did an experiment with two colleagues that was published in 1985, in which they attempted to demonstrate the existence of the meridian system.

What Vernejoul and his colleagues did, was to inject radioactive particles (a substance called 'technetium 99m') in a number of acupuncture points on the bodies of 330 people. Because these particles were radioactive, they could be used as tracers, which were then traced with a gamma camera. A computer that was built into the

camera would then do an analysis of the image that was created from spotting the radioactive tracers.

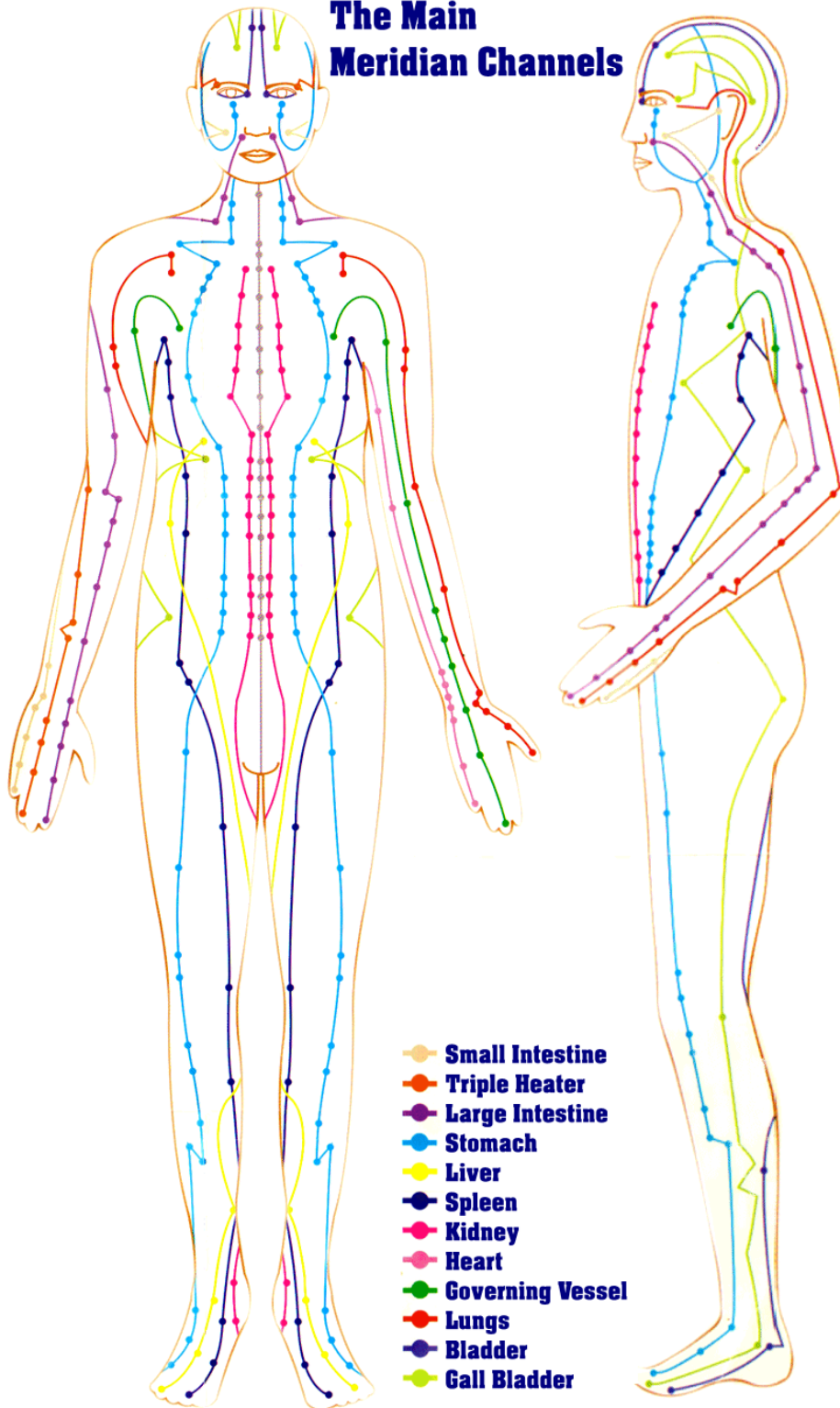
**Now here is the astonishing finding of this study... Those radioactive tracers followed the same identical pathways as indicated by the meridian system of the age-old Chinese traditional medicine and Taoist alchemy! Following these results, these ancients apparently knew what they were talking about very well!**

In case you want to look up and read this study for yourself, here is the reference:

Darras, J.P., Vernejoul, P. de, and P. Albarhde (1992), "A Study on the Migration of Radioactive Tracers after Injection at Acupoints", *American Journal of Acupuncture*, Vol. 20 (3), pp. 245-246

On the next page you can find a picture showing the different meridians and how they are positioned around your body.

## The Main Meridian Channels



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