

This is the second in a series of three articles on Meridians and Ai Chi. First, a bit more about meridians...

Meridians are energy pathways that connect the dots. There are hundreds of tiny reservoirs of heat, electromagnetic and more subtle energies along the surface of the skin, which are known as acupuncture points in Traditional Chinese Medicine. These can be stimulated with needles or pressure. Pressure through “opening” is how Ai Chi affects meridians. Meridians open up and travel deeply into the body. Meridians are the body’s energy bloodstream.

Now to four more meridians:

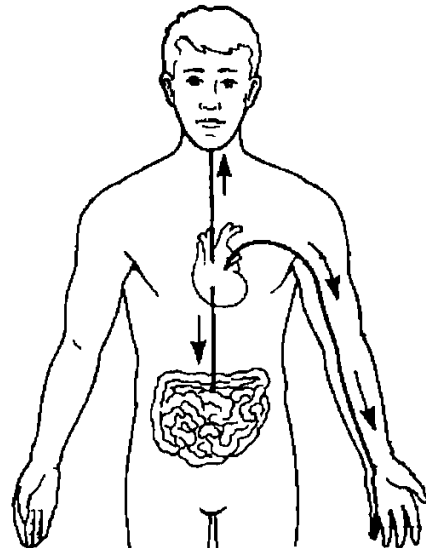
### **The Heart Meridian**

The heart is a powerful muscle slightly larger than your clenched fist. It works as a pump to send oxygen-rich blood through all parts of your body. Blood contains oxygen and nutrients that every cell in your body needs to survive. The oxygen-rich blood travels throughout the arteries and vessels, nourishing the body so that it can function properly. The heart is the blood circulation and emotional center.

***Heart Meridian activation will assist with the following disorders or issues:***

- Cardiac pain, palpitations, hypochondriac pain, insomnia, night sweating, dryness of the throat, thirst, pain in the medial aspect of the upper arm and heat sensation in the palms.
- Fullness in the chest and/or diaphragm, aphasia.

### **5. ハート・メリディアン(心臓) Heart Meridian**



***Ai Chi postures or function that may create a healing flow:***

- Accepting

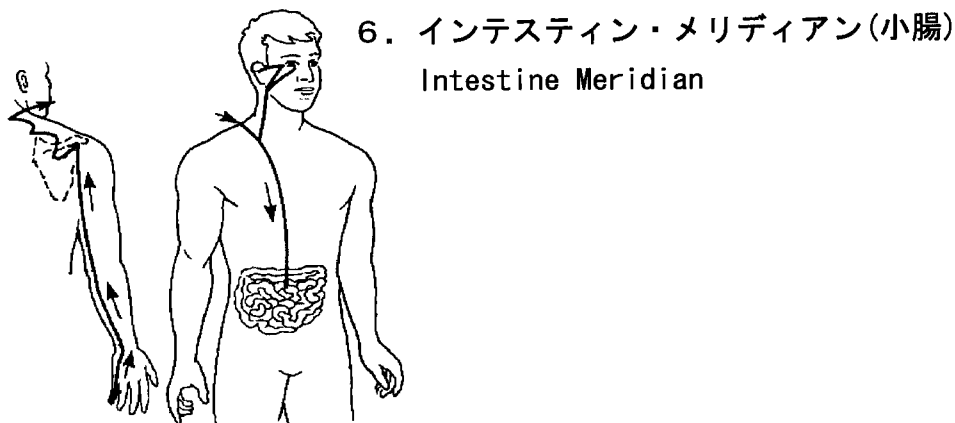
- Uplifting
- Floating

### The Small Intestine Meridian

The small intestine is about 6 meters (20 feet) long. It is coiled in the center of the abdominal cavity. The small intestine aids in digestion, absorption, and acts as a barrier.

*Small Intestine Meridian activation will assist with the following disorders or issues:*

- Deafness, yellow sclera, sore throat, swelling of the cheeks, distension and pain in the lower abdomen and pain in the posterior border of the lateral aspect of the shoulder and arm.
- Weakness of the joints, muscular atrophy, motor impairment of the elbow, warts on the skin.



*Ai Chi postures or function that may create a healing flow:*

- Soothing
- Shifting
- Rounding
- Freeing

### The Bladder Meridian

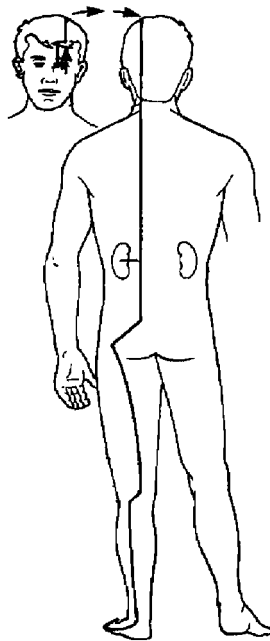
The bladder is a hollow, balloon-shaped organ that is located within the pelvis. It has two major functions: storage and emptying of urine. Bladder control is regulated by interaction between the central nervous system and organs of the lower urinary tract.

***Bladder Meridian activation will assist with the following disorders or issues:***

- Retention of urine, enuresis, manic and depressive mental disorders, malaria, pain in the eyes, lacrimation when exposed to wind, nape of the neck, back, lower back, buttocks, and posterior aspect of the lower limbs.
- Nasal congestion, watery nasal discharge, headache, pain in the back along the channel, and epistaxis.

**7. ユリナリーブラダー・メリディア:**

**Urinary Bladder Meridian**



***Ai Chi postures or function that may create a healing flow:***

- Rounding
- Shifting
- Balancing

**The Kidney Meridian**

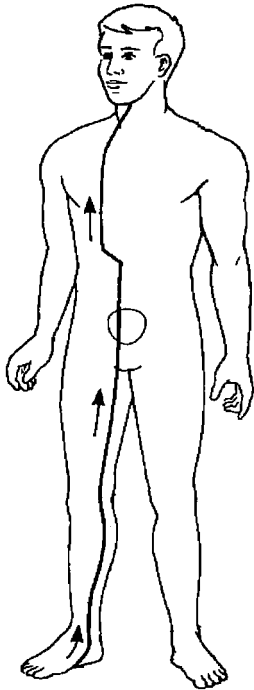
The kidneys are two bean-shaped body organs found behind the 13th rib. Their primary role is to help maintain the body in a state of balance by controlling the make-up and volume of blood. They remove wastes from the blood in the form of urine, and they conserve water.

***Kidney Meridian activation will assist with the following disorders or issues:***

- Enuresis, frequent urination, nocturnal emission, impotence, irregular menstruation, asthmatic breathing, hemoptysis, dryness of the tongue, congested and sore throat, edema, pain in the lumbar region, and in the posteromedial aspect of the thigh, weakness in the lower limbs and heat sensation in the soles.
- Retention of urine, low back pain, mental restlessness, chest oppression.

## 8. キドニー・メリディアン(腎臓)

Kidney Meridian



***Ai Chi postures or function that may create a healing flow:***

- Gathering
- Freeing
- Rounding

The next, and final, article in this series will review the four remaining meridians.