

This is the third and final article regarding Ai Chi and Meridians. Activation of energy flow through the meridians can be improved in a variety of ways including Accupuncture, Accupressure, Reiki, Lyu Ki Do, Jin Shin Jytsu, other energy medicine techniques, and naturally, Ai Chi.

Just as the body has many different physical systems – immune, endocrine, lymphatic, cardiovascular, etc., we are also an energetic system. The meridians are tangible pathways that carry energy into, through, and out of our physical body. Without even being aware they exist, they can serve us.

Here are the last four meridians:

### **The Pericardium Meridian**

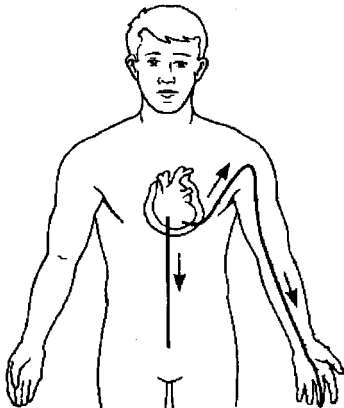
The pericardium is the fluid filled sac that surrounds the heart and the proximal ends of the aorta, vena cava and the pulmonary artery. It keeps the heart contained in the chest cavity, prevents the heart from overexpanding when blood volume increases, and limits heart motion.

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

- Cardiac pain, palpitations, mental restlessness, stuffiness in the chest, flushed face, swelling in the axilla, depressive and manic mental disorders, spasm of the upper limbs and heat sensation in the palms.
- Cardiac pain, mental restlessness.

#### 9. ペリカチウム・メリディアン (心膜)

##### Pericardium Meridian



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

- Accepting
- Freeing
- Enclosing
- Gathering

**The Triple Burner Meridian**

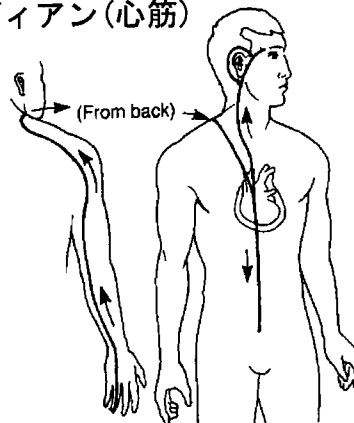
The triple burner is the corridor above and below the stomach. While it does not have any structural reality to it, it has a distinct location that is determined by the structural entities surrounding it. The triple burner is a conduit for the passage of energy from the upper to the lower body. The upper part is in charge of absorbing, the middle part is in charge of transforming, and the lower part is in charge of excreting.

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

- Abdominal distension, edema, enuresis, dysuria, deafness, tinnitus, pain in the outer canthus, swelling of the cheeks, congested and sore throat, pain in the retro auricular region, shoulder, and lateral aspect of the chest, hypochondrium, thigh and lower limbs.
- Either spastic or flaccid cubital joint.

10. トリプルウォーマー・メリディアン(心筋)

Triple Warmer Meridian



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

- Rounding
- Freeing
- Accepting

## The Liver Meridian

The liver is placed strategically between the gut and the rest of the body; thereby it acts as a filter and prevents the passage of bacteria from the gut into the blood. The liver is an important player in defense mechanisms.

The liver provides homeostasis by balancing many nutrients. It produces substances (synthesis), filters them and others, then stores some and excretes some.

***Liver meridian activation will assist with the following disorders or issues:***

- Low back pain, fullness in the chest, pain in the lower abdomen, hernia, vertical headache, dryness of the throat, hiccups, enuresis, dysuria, and mental disturbance.
- Priapism, itching in the pubic region, swelling of the testicles, hernia.



11. ガルブラダー・メリディアン(胆嚢)  
Gall Bladder Meridian

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

- Shifting
- Freeing
- Accepting
- Gathering
- All pivoting transitions

## The Gallbladder Meridian

The gallbladder is a structure on the underside of the liver on the right side of the abdomen. The function of the gallbladder is to store bile that is produced in the liver

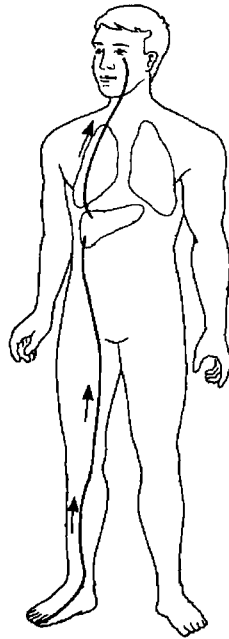
before the bile is secreted into the intestines. Bile secreted into the intestines helps the body digest fats.

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

- Headache, pain in the outer canthus, pain in the jaw, blurring of vision, bitter taste in the mouth, swelling and pain in the supraclavicular fossa, pain in the axilla, pain along the lateral aspect of the chest, hypochondrium, thigh and lower limbs.
- Coldness in the foot, paralysis in the lower limbs, inability to stand erect.

## 12. レバー・メリディアン(肝臓)

### Liver Meridian



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

- Accepting
- Rounding
- Balancing

### Summary

We learn about the blood circulation system and the lymphatic circulation to assist in helping our clients. The energy circulation system (meridians) is equally important to work toward total health.