

For details of [Meridian Psychotherapy Workshops](#) in Colchester please [CLICK HERE](#)

### **Lesson 1 – “The Man on the Mountain”**

How many times have you looked at the sea? Really looked, I mean. Have you stared at an ocean from the upper deck of a large ship? What did you see? In every direction to which one can turn there is endless motion. The waves never cease, even a flat calm at sea is described by a statistically significant sea state of a given wave height and wave period.

To produce waves requires energy. This ocean of ceaseless waves represents an ocean of ceaseless energy changes. Instead of describing the ocean by its characteristic wave heights and wave periods one could just as easily describe the ocean in terms of its energy. In fact, when calculating the motions at sea of a ship or giant drilling rig, during a storm for instance, Naval Architects use what are called “spectral energy” descriptions to describe the nature of the sea and the forces that it can impose on the vessel.

Consider now that the ocean only exists in two-dimensional space with minor excursions into the third dimension expressed as wave height. Now consider another ocean, also with waves, waves of electromagnetic energy. This electromagnetic ocean exists in every one of our three dimensions and possibly has effects on higher dimensions as well. This ocean is vast, it fills the whole of eternity. It surrounds stars and planets, plants, animals, and man. We are subject to it and its fluctuations as a ship is subject to the effects of the world’s oceans.

Since Einstein, scientists have studied the nature of the universe and their discoveries must indicate that the days of a mechanistic Newtonian view of the world is obsolete. Man is not the complex mechanical/chemical device described over the last one hundred or so years but at our most elemental we are creatures of energy, a coalescence of energy in an energy field to which the vast ocean is a simple analogy. This unceasing, pulsing, energy field connects us with every other thing and being in the universe. It is central to our physical being, to our consciousness, and it is that which links our perception of our physical bodies to the electromagnetic body that is also us.

In 1991 the naturally mummified body of a man was discovered by two Austrian hikers in the ice of the Italian Alps. The man had died 5300 years ago and the body was in a remarkable state of preservation. Near the body researchers found leather and hide clothing and equipment which included a bow, a quiver full of arrows, and a copper axe. They named him “Ötzi”.

## Meridian Psychotherapy

T  
H  
E  
  
S  
C  
H  
O  
O  
L  
  
O  
F  
  
N  
A  
T  
U  
R  
A  
L  
  
H  
E  
A  
L  
T  
H  
  
S  
C  
I  
E  
N  
C  
E  
S

Scientists investigating the body discovered 59 markings, clearly tattoos, on the skin. 80% of which are considered valid modern acupuncture points. This therefore dates acupuncture back to at least 3300 Before Common Era (BCE).

It has been suggested that these acupuncture points might possibly have been activated by the use of crystals whereas, in ancient Chinese acupuncture, they are said to have used very fine needles made from stone. Furthermore it was found that the back and leg tattoos were on or near typical acupuncture points for treating back and leg pain. X-rays showed evidence of osteoarthritis in the man's body that might have responded to acupuncture treatment.

It was originally believed that techniques such as acupuncture, which rely on the use of points situated on the body's energy meridians originated in China some 3000 years ago. It is clear from the discovery of Ötzi that other cultures remote from China were familiar with this type of medical treatment 5,300 years ago.

It appears probable that acupuncture, or similar medical treatments using the concept of meridians, arose simultaneously in different cultures. This simultaneity would indicate that prehistoric populations either underwent parallel development or there was a mechanism (probably via trade) to ensure a diffusion of knowledge.

Before the discovery of Ötzi, the earliest references to meridian energy therapies was the work on acupuncture (among other things) collated around the 27<sup>th</sup> century BC in China by order of the "Yellow Emperor", Huang-Di. This work remained the classic work for the next 5000 years. The collected works on Chinese medicine were collected and published around the 2<sup>nd</sup> or 3<sup>rd</sup> Century BC as the Chinese classic the *Neijing Suwen*.

The influence of this work spread to Korea and, in the 6<sup>th</sup> Century AD, to Japan. The text contains specific instructions for treatments, generally for use after doctors had failed in their primary task of keeping people healthy by instructing them in the daily routines of Qi Gong. It is apparent from the studies of scholars of Chinese history that the reign of Huang-Di was an enlightened period where the foundation of the arts and sciences of agriculture, construction, medicine, silk production and writing was laid.

Acupuncture techniques varied the length and breadth of China. In the colder climates of Northern China it was found that heat was a major aid to acupuncture and the techniques of moxabustion were developed.

This technique applied heat to the meridian points by burning small compressed cones of mugwort on the skin. In case of discomfort these cones could easily be flicked off.

The West of China is more mountainous and herbs tend to acquire a higher concentration of their properties at altitude in mountain climates which tend to be colder than the plains. Thus, in Western China the techniques of herbal medicine developed. In the East of China the climate tends towards humidity and it is in such climates that infection flourishes. Medical practitioners in this part of China would use acupuncture needles not only for the business of acupuncture but also to lance boils and, in conjunction with other instruments, to perform minor surgery. In the South of China techniques developed using percussion on the meridian points. This percussion was applied with a small hammer with nine needles on its head.

It was in Central China that acupressure was developed. In this technique the medical practitioner applied thumb or finger pressure to the meridian points. The point about acupressure as opposed to acupuncture is that acupressure is non-invasive and therefore modern variants of it, either by pressure or by percussion using the fingers, as in meridian psychotherapy as we shall see later, are valuable as they can be self-applied by the patient under the direction of the therapist.

The major significance of the discovery of Ötzi to our theme is that the points on the body correspond to *modern* acupuncture points. We are therefore dealing with medical knowledge, based upon the energy meridians, that has been consistently used over a wide area of the Earth's surface, with only minor change, for about five millennia.

In view of the fact that the use of energy meridians was in prehistory, and is today, a recognised and viable medical technique, it behoves us to attempt some understanding of just what meridian energy is.

The world we inhabit is not the world we perceive. Our perceptual world of tables, chairs, houses, and cars is the way in which our physical senses interpret reality. Reality itself is something else, a web of interacting energy fields, in which atomic particles have their motions and being. Our bodies are electrical by nature and where electricity flows there must also be an electromagnetic field, or EMF. Likewise, as all must balance, there is an EMF then there must also be the flow of electrical current. If one considers the way in which a chiming doorbell works, when the bell push is pressed a current flows in the circuit, which contains a coil.

Lying inside the coil is a magnet. As the current flows through the circuit, and thus through the coil, an EMF is generated which reacts with the magnet's field causing the magnet to move.

The moving magnet is stopped when it strikes the bell or chime. There is no mechanical interaction between coil and magnet, all is accomplished by the fields generated. In the same fashion, if a magnet is physically moved through a coil then electric current is generated in the coil.

All living things possess their own electromagnetic field because all living things have electrical currents flowing through them. Clearly we can see that if we were to measure in absolute detail the field surrounding a thoroughly healthy person we would be able to create a three dimensional matrix of the field's potential which would provide information not only of amplitude of field strength but also of position. For the sake of argument let us call this matrix [Q]. A healthy mind requires that the body is also healthy so we might infer that [Q] is the desired, or homeostatic state, of the body.

Let us now consider that at some point in time the body becomes ill and at this time we measure the field again. We will call this matrix  $[T_0]$  and referring back to the [Q] condition we may define the change as  $[Q] - [T_0] = [D]$  where [D] is the matrix describing the disruption, and the position of the disruption, in the [Q] field. If we were now to provide our ill person with treatment for the illness, we would see that for the treatment to be completely successful our treatment [t] would have to be equal to  $[T_0]$ , in other words  $[D] + [t] = [Q]$ . We may describe this by saying that a disruption in the body's energy system must be countered by a further disruption that has the effect of restoring the body's system to its homeostatic condition.

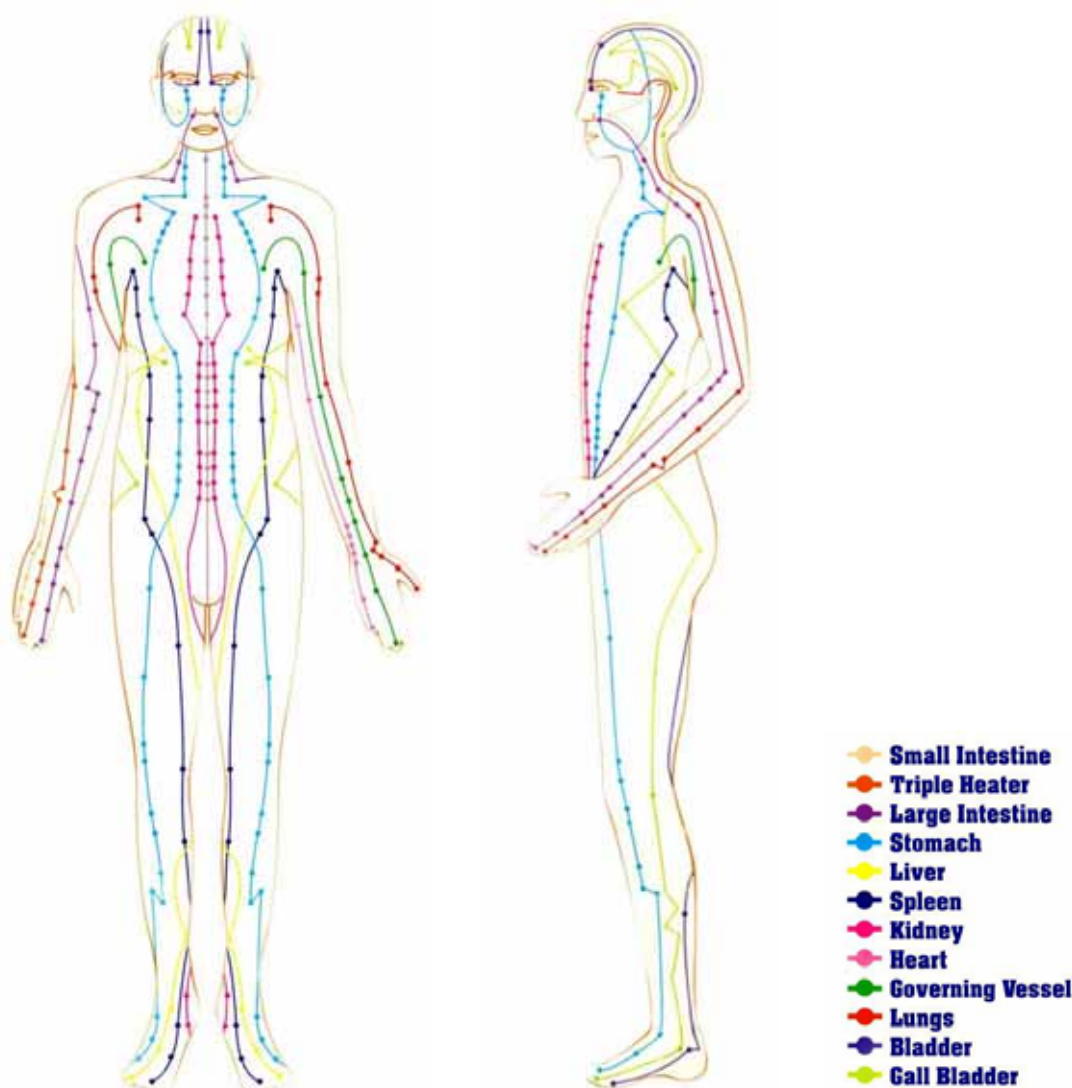
If we modify the body's EMF we modify the body's behaviour. If we modify the body's current flow we modify the body's behaviour. If only we had a machine whereby we could exactly measure the homeostatic field [Q], the field at illness  $[T_0]$ , and then modify the field by the negation of [D]. How many conditions might we not cure?

The relevance of the above will become clearer when we examine Gary Craig's "Emotional Freedom Techniques" (EFT) and his Discovery Statement "*All negative emotions are caused by a disruption in the body's energy system.*" As we have already noted, meridian energy concepts have been known for five millennia.

## Meridian Psychotherapy

So, what is an energy meridian? Energy meridians are the internal energy pathways which run through the physical body and which energetically connect the body's organs and their subsystems such as, for example, the circulatory, endocrine, digestive, nervous systems. These energy meridians and points on the meridians are used in healing techniques such as acupuncture and acupressure.

The diagrams Figure 1.1 and Figure 1.2 show the layout and position of the body energy meridians.



**Figure 1.1**

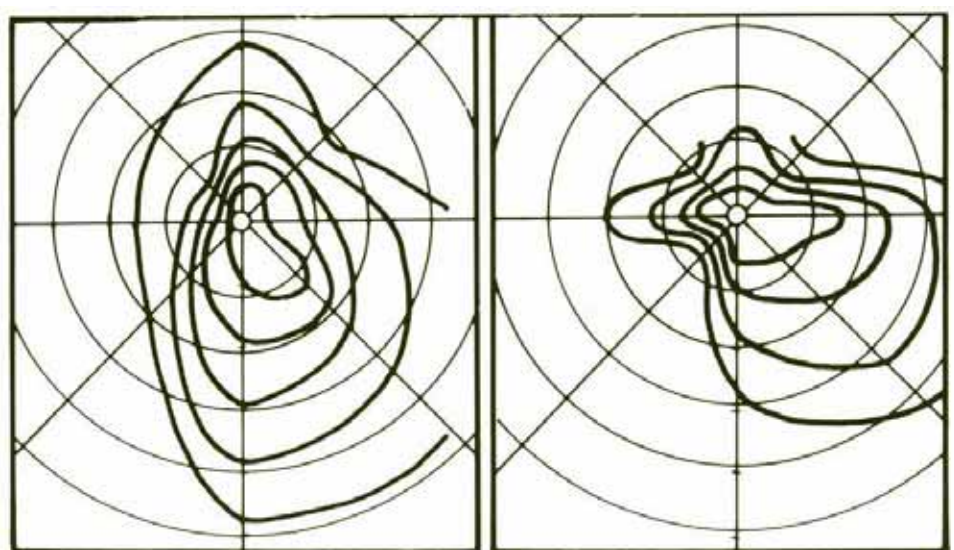
**Figure 1.2**

© The Association for Meridian Energy Therapies ( <http://www.theamt.com> )

Western medicine had great difficulty in coming to terms with acupuncture because of the fact that there are no known anatomical structures lying under the skin which could possibly represent these (apparently) conducting “wires”.

Although we cannot physically see these meridians we know that they exist and that they are effective in certain types of treatment can be demonstrated. Scientific studies by the physician and researcher Robert O. Becker MD have shown that many acupuncture points on the body have dramatically reduced electrical resistance when compared to other points on the skin adjacent to the acupuncture, or meridian, points. For example 10 kilo-ohms has been measured at the centre of meridian points compared with 3 mega-ohms on the surrounding skin. In China, the home of meridian energy therapies, doctors have also measured these reduced resistances, and instead of acupuncture needles, have use pulses of current at around 2 hertz.

Figure 1.3 shows maps of iso-resistance of skin at acupuncture points. These measurements were made by Robert O. Becker and his team and constitute the proof of existence of meridian points, and, since these points conform to the ancient historical points, one may infer the existence of the energy meridians.



ELECTRICAL CONDUCTIVITY MAPS OF SKIN AT ACUPUNCTURE POINTS

From: "The Body Electric" by Robert O. Becker MD & Gary Seldon

**Figure 1.3**

**[The existence of these meridians, the reality of electrical flow in the body, and the use of such knowledge as an aid to healing is a remarkable result of the application of the scientific method and for those readers wishing to understand more I recommend Dr. Becker's book "The Body Electric".]**

There is another set of experimental data confirming the existence of the meridians. This is the work of Pierre de Vernejoul, a French researcher into meridians. In 1985 he injected radioactive isotopes in to human acupuncture points and then tracked the movement through the body with a gamma imaging camera.

## Meridian Psychotherapy

# THE SCIENCE OF NATURAL HEALTH

The isotopes were observed to travel along acupuncture meridians to the extent of thirty centimetres in a time of four to six minutes. Following these observations Vernejoul then conducted a control experiment by injecting isotopes into blood vessels at random points on the body, random that is, but with the exclusion of acupuncture points. He observed that in this experiment the isotopes did not travel in the same manner. The deduction to be made from this is that the meridians do indeed comprise a system of separate pathways within the body

According to the tenets of Chinese medicine these meridians allow the flow of an invisible energy referred to as “chi” or “*qi*”, in effect the life force. *Qi* is assumed to enter the body through the meridian points (or acupuncture points) and flows to deeper organ structures in the body providing energy (the life force) to these deeper structures. It is considered that illness occurs when the flow of this energy, or life force, is hindered. This hindrance is considered as a “blockage” in the *qi* which must be removed in order to restore the patient to health. As an aside it should be noted that these “deep organ structures” indicated in Chinese medicine do not have a counterpart in Western human biology. They may possibly be considered as points of interactions of fields related to organs.

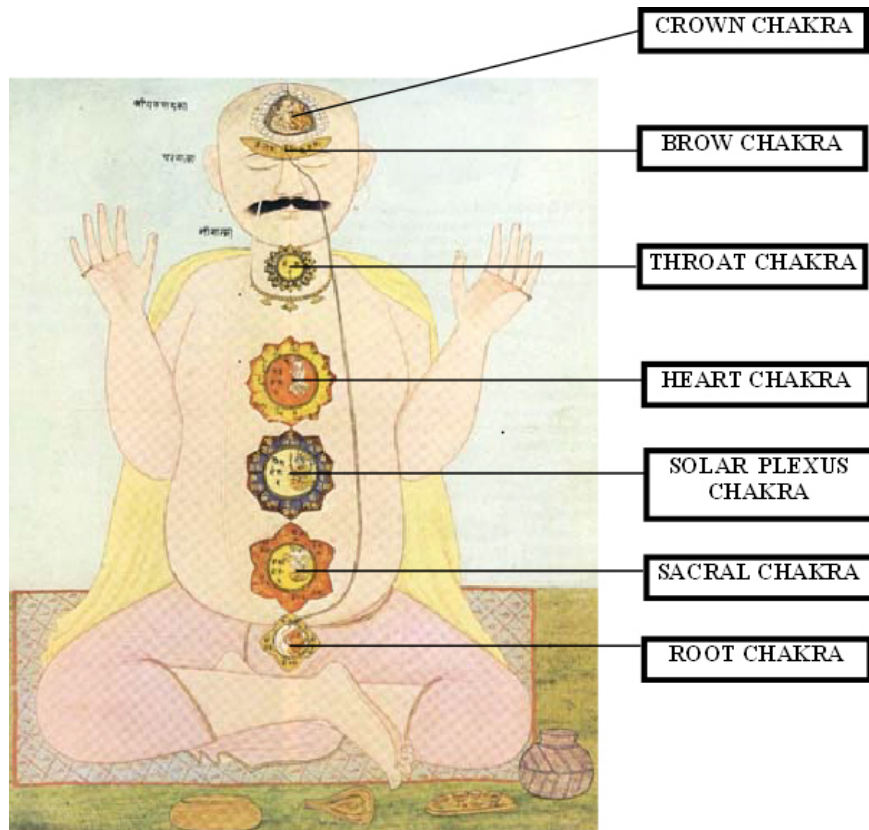
The fact that meridian channels exist inasmuch as their effect and presence is observed by behaviour predicates some form of mechanism existing within the body structure. Evidence suggests that these meridians exist in the form of myriad electrical microcircuits based upon a collection of liquid crystal water-bound collagen fibres running through the human body. These fibres have the electrical properties of conduction, resistance and capacitance. These properties are unlikely to be absolute but dynamic. Thus the capability exists of the flow of current, and the blocking of current, through the body via the meridians. If current flows then there is an electromagnetic field. Conversely, if there is a surrounding EMF from external sources then this EMF will cause current flow in the meridians. The implications of this effect may well be serious in a world swamped in man-generated electromagnetic fields from power conduction lines to mobile telephones.

As we saw at the beginning of this lesson this type of thinking, verified to a great extent by our modern version of science, was used in medicine from China to Northern Italy. Another ancient culture, that of the Hindus in India, had also developed energy medicine techniques to good effect. Here the concept of the universal energy referred to as *qi* by the Chinese is known as *prana*. In this system a series of points called “chakras”, meaning “spinning wheel”, was discovered whose local energy fields appeared to be in the shape of a vortex. Seven chakras were listed namely the Crown, the Brow, the Throat, the Heart, the Solar Plexus, the Sacral, and the Root.



## Meridian Psychotherapy

Figure 1.4 shows the position of the seven chakras, each of these chakras was associated with various organs and endocrine glands as set out in Table 1.1.



**Figure 1.4**  
**The Seven Chakras**



## *Meridian Psychotherapy*

Chakra	Associated Organs	Endocrine Gland
Crown	Upper Brain, Right Eye	Pineal
Brow	Ears, Nose, Lower Brain, Nervous System, Left Eye	Pituitary
Throat	Lungs, Larynx, Alimentary Canal	Thyroid, Parathyroid
Heart	Heart, Blood, Vagus Nerve, Circulatory System	Thymus
Solar Plexus	Stomach, Gall Bladder, Liver	Pancreas
Sacral	Reproductive System	Testes, Ovaries
Root	Spinal Column, Kidneys	Adrenals

**Table 1.1**  
**Organ and Gland Association with the Seven Chakras**

The seven chakras shown are of course not the full story. These are only the major points. There are other energy centres in the body. These minor chakra points are associated with joint structures in the body such as elbows, knees, ankles etc. In total the body possesses more than 360 chakras. In association with these there is a joining network of channels called *nadis*.

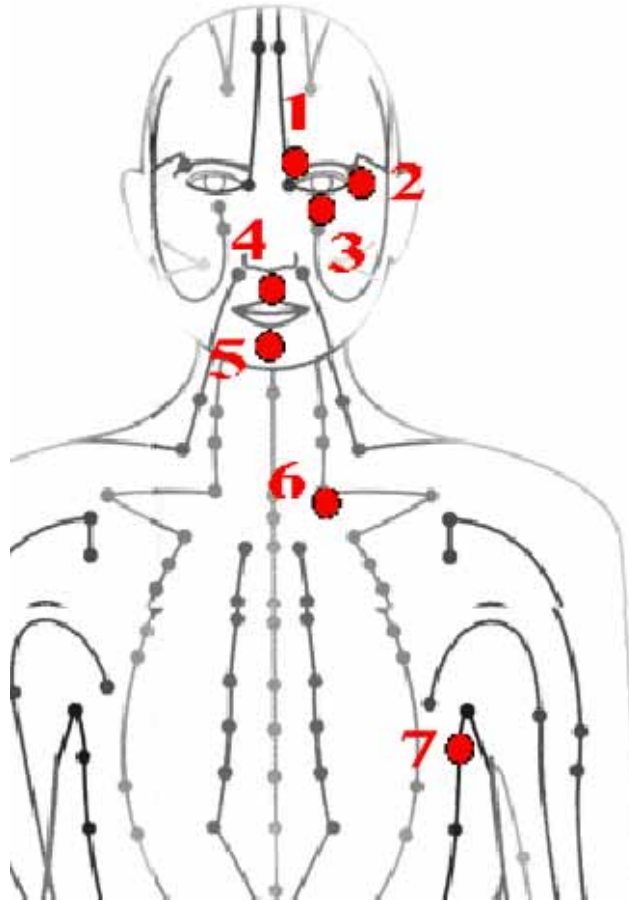
## *Meridian Psychotherapy*

These appear to be interwoven with the nervous system. It is interesting to note that in the Hindu chakra system, unlike the meridian system, there is more observable correspondence with the body's anatomical structure.

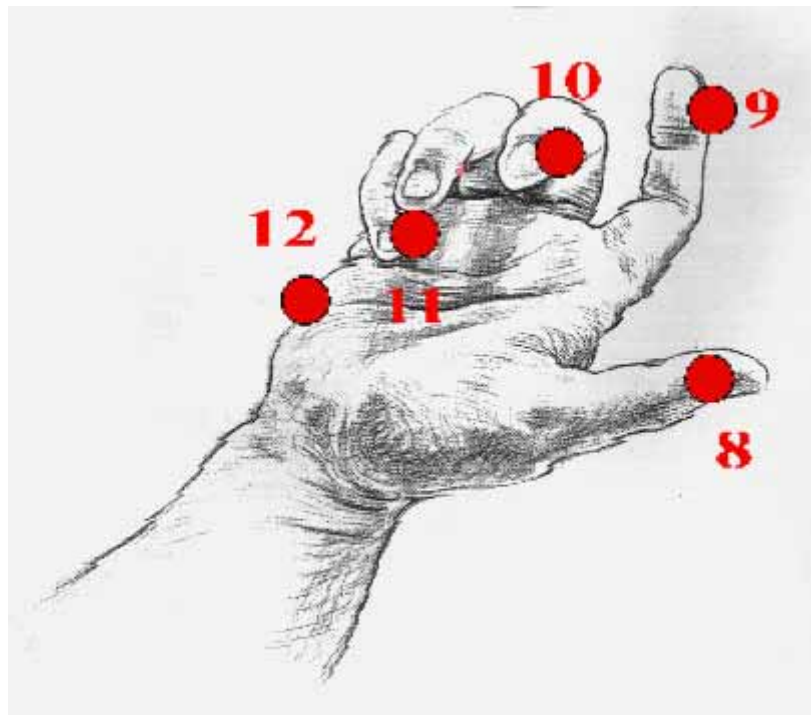
The recognition by the early Hindus of energy fields within the human body also has a history that predates our views by millennia. However, in all fairness it must be stated that there is insufficient hard evidence (as there is for the meridians) to support belief in their existence. Some work has been done in Japan by Hiroshi Motoyama which does lend some credence to their existence but as far as I am aware this work has not been duplicated. Nevertheless there are therapists who regularly use the chakra concept and who do achieve therapeutic success.

We may therefore clearly see that the acceptance and use of energy fields within the body has a pedigree millennia long drawn from the with the major ancient cultures of the world. Furthermore, the presence of such meridian points on the body has been confirmed by scientists in recent years. The consequence of modern scientific investigation of energy meridians is that acupuncture and acupressure have been adopted into Western medicine practice and the subject taught in our universities. The University of Salford offers a BSc (Hons) Traditional Chinese Medicine (Acupuncture) and Coventry University awards Master's degree in Physiotherapy Acupuncture.

In Meridian Psychotherapy we combine psychotherapeutic techniques with acupressure inasmuch as we percuss of some the body's meridian points in order to obtain relief from negative emotional states. This subset of meridian points used are on the head, the upper torso, and the hands and these points are shown graphically in Figures 1.5, and 1.6.

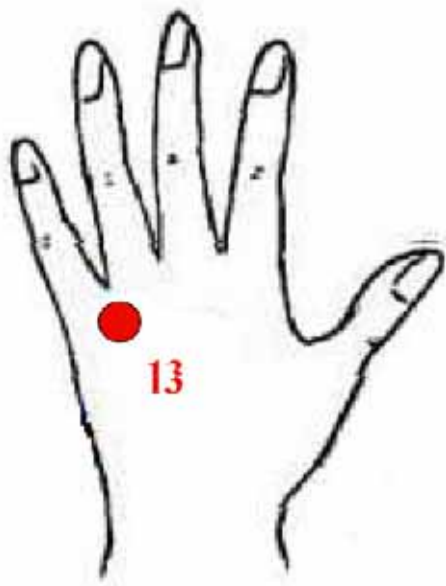


**Figure 1.5 Meridian points on head and body**



**Figure 1.6 Meridian points on hand**

A further point used is an eighth point, the gamut point, which is situated on the back of the hand, about one centimetre back from the knuckle line, and between the fourth and fifth finger joint. This is used in conjunction with brain balancing exercises, more of which later.



**Figure 1.7**  
**The Gamut Point**

One is not of course restricted to these particular points but these are the points which have been tried and tested by various developers of the many protocols used in energy therapy. It should be noted that these points are symmetrical across the body, that is, they may be used on either side of the face and torso, and on either hand.

## *Meridian Psychotherapy*

In order to bring the meridians into sharper focus we may tabulate them thus:

Meridian Name	Abbreviation	Number of Points	Points used in Meridian Psychotherapy
Triple Heater	TH	23	TH03
Governing Vessel	GV	28	GV26
Conception Vessel	CV	24	CV24
Heart Governor	HG	29	HG09
Gall Bladder	GB	44	GB01
Liver	LV	14	
Kidney	KD	27	KD27
Bladder	BL	67	BL02
Small Intestine	SI	19	SI03
Heart	HT	9	HT09
Stomach	ST	45	ST01
Spleen / Pancreas	SP	21	SP21
Large Intestine	LI	20	LI01
Lung	LU	11	LU11
14 meridians		361 points	

**Table 1.2**

**The basic protocols of meridian psychotherapy use only 13 of these points. It can be seen that the points used cover all the meridians except for the liver meridian.** [For a succinct description of the meridians and points the reader is referred to an excellent introductory book called “Acupressure”. This is by John Sandifer and is published by Element Books Ltd.]

As we have noted, Meridian psychotherapy has its roots not only in

## *Meridian Psychotherapy*

psychotherapy but in physical energy treatments such as acupuncture, and although the treatment does not require needles to be inserted into the skin at these points it does require that these points are percussed, that is, “tapped”, usually using the first two fingers of each hand. These points are percussed by the patient to the direction of the therapist at certain points during the overall treatment protocol. We should therefore look at these points, which I tend to call “percussion points” because we tap them, in a little more detail.

If we consider the first point, 1, (Refer to Figure 1.5 for points 1 to 7) we can see that this point is situated (on either side of the face) at the start of the eyebrow. If standard energy meridian diagrams are examined it will be seen that this point is known as BL02, the second point on the bladder meridian. In view of the fact that we use only a subset of points in meridian psychotherapy so our reference task is somewhat easier, we refer to BL02 as EB (eyebrow).

If you place your index finger on the point where the top of the nose (to either side) joins the bone on which the eyebrow grows the percussion point is the point just where the eyebrow commences.

The second percussion point, 2, is GB01, the commencing point on the gall bladder meridian. We refer to this point as EC (eye corner), is the commencing point of the bladder meridian. This is the side bone which acts as a border for the outer corner of the eye.

Point 3 is ST01, the starting point of the stomach meridian. We label this UE (under eye). This is a point about one centimetre below the lower bone at the centre of the eye.

Point 4 is GV26, the last point on the governing vessel meridian. This percussion point, which we refer to as UN (under nose), is situated centrally under the, just above the upper lip.

The fifth point, 5, is CV24 which is the last point on the conception vessel meridian. We call this point CH (chin) and it is situated between the bottom of the chin and the lower lip.

Point 6, referred to by us as CB (collarbone) is the last point on the kidney meridian, KD27 and is at the junction where the sternum, collarbone and first rib meet.

The seventh point, 7, which we refer to as UA (under arm) is situated on the spleen/pancreas meridian and is the last point on this meridian, SP21. The percussion point may be found by moving one’s finger round to a point mid-body approximately on a level with the nipples on a man’s chest.

## *Meridian Psychotherapy*

Referring to the diagram of the hand (Figure 1.6) showing the meridian points 8 to 12 . Point 8 which we refer to as TH (thumbnail). This is LU11, the final meridian point on the lung meridian. The percussion point is on the outside of the thumb (either hand) level with the base of the thumbnail.

Point 9 is on the index finger (either hand) and is referred to as IF (index finger). This is the commencing point, LI01, on the larger intestine meridian. The percussion point is on the thumb side of the finger at a level coincident with the base of the fingernail.

The tenth percussion point, 10, referred to in meridian psychotherapy as MF, corresponds to the last point of the heart meridian HT09. The percussion point is on the thumb side of the finger at a level coincident with the base of the fingernail.

Percussion point 11, referred to as LF (little finger) corresponds to the meridian point HG09 on the heart governor meridian. The percussion point is on the thumb side of the finger at a level coincident with the base of the fingernail. The twelfth point, 12, referred to as KC (karate chop), is the point corresponding to SI03 on the small intestine meridian. The percussion point is on the side of the hand midway between the base of the little finger and the top of the wrist bone.

The final point, 13 (Figure 1.7), which we call GS (gamut spot), corresponds to meridian point TH03 on the triple heater meridian. The percussion point is on the back of either hand between the knuckle of the little finger and the third finger and set back towards the wrist a distance of about one centimetre.

These are the points mostly considered in meridian psychotherapy. The use of these points will be further considered in later lessons.

We have now seen that from the “Man on the Mountain” onwards, these energy meridians have been consistently used in the Orient, Asia, and Europe for millennia, and that our modern western science (although sometimes a little slow on the uptake) has demonstrated their validity. In the following lessons we shall see how these energy channels and their access points are incorporated with psychotherapy to form the protocols of Meridian Psychotherapy.

=====O=====



## ***QUESTIONS ON LESSON ONE***

**Please answer the following questions using no more than 75 words for each.  
Include the questions within your answers (eg. the number of days in the year is 365)**

1. What do you consider to be significant about “Otzi” ?
2. What do you understand by the term “energy meridian”?
3. How do we know that energy meridians actually exist?
4. What are the seven Chakras
5. How many meridian points are used in Meridian Psychotherapy? What are the names of these points?

**Return your answers to either  
[selfstudy@naturalhealthcourses.com](mailto:selfstudy@naturalhealthcourses.com)  
or  
[tutored@naturalhealthcourses.com](mailto:tutored@naturalhealthcourses.com)  
whichever applies.**

**Do not send any attachments, just type your answers  
into the body of the email. Please complete the subject line  
of every email exactly like this:**

**Full Name – Meridian Psychotherapy (Tutored or Self Study) - Lesson 1**

**Leave at least one blank line between each answer,  
otherwise your assignment cannot be processed.  
Don't forget to keep a copy for your own records**

**Recommended Reading:  
[http://www.naturalhealthcourses.com/Recommended\\_Reading.htm](http://www.naturalhealthcourses.com/Recommended_Reading.htm)**