

# Opening Your Own Meridians

By Chris Melmoth, BCTMB, NREMT

As explained in the Energetic Health Guide, we are initially trying to achieve mind-body balance, and then do everything we can to fully open your energy fields.

During your bodywork sessions, we will use a variety of techniques and approaches to accomplish this. However the work will plateau if the client simply is not ready yet. Sometimes certain things must occur first in his/her life before the body-mind can relax enough for these changes to be made. Other times it's just a matter of retraining the body-mind to feel life in ways that it never has before, which can take time. So to supplement the clinical work we are doing, it will be necessary for you to work at it in your private life as well.

The primary way to begin getting connected to your body & life and opening up your energy fields is to begin seeking out that which "turns you on", and begin giving up any activities, people, or other things that are not turning you on or supporting this quest. Find things in life that the moment you think about them you feel their positive vibrations in your body... excitement, pleasure, relief, satisfaction, exhilaration, strength, empowerment, freedom, optimism, redemption, etc...

During your daily practice, meditate on these things. Think about all aspects of the life that turns you on. Then go out into your world and experiment with them. Find out which foods make you feel light, solid, and strong... which types of individuals you share the most magnetic vibrations with... which daily activities keep your body physically feeling alive & energetic... which home environments most nurture your particular body type... which career makes you feel like your doing what you love in life... etc.

Mind-body balancing & opening meridians go hand-in-hand. When getting connected, remember that if you are the hypersensitive type, you will have to start giving yourself things that calm, insulate, & ground your nervous system, not excite it. If you are the hyposensitive type, you will need to find things that stimulate you and make you more sensitive in your body and mind. When opening meridians, remember that every approach & technique used must cross a certain psycho-structural threshold in order to stimulate the energy sensations sufficiently to be felt. This may be as simple as a cold bath when your body is hot, but can also be more extreme, such as Banya therapy, depending on your own particular health levels & constitutional needs.

Now, if you happened to live in an environment or country where the possibility of having a life that turns you on seems impossible, do not worry. Know that the Universe changes according to your subconscious beliefs. With enough positive vibrations radiating from your body-mind out into the world, anything is possible.