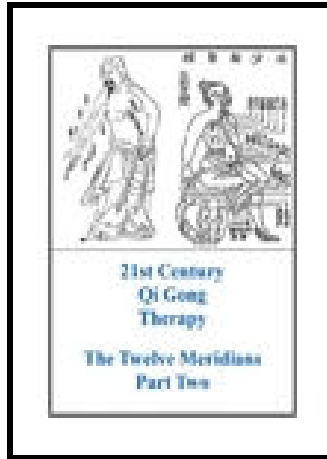


21st Century Qi Gong Therapy
-Level Seven-

**“The Twelve Meridians”
Part Two**

By Ashida Kim



*Review by: John C. Enger, Ph.D., Th.D., D.Min.
Grandmaster – 10th Dan
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“Therapeutic touch is a contemporary interpretation of several ancient healing practices in which the practitioners consciously direct or sensitively modulate human energies.”

-Dolores Krieger, Ph.D., R.N., Professor Emeritus at New York University

Part Two picks right up where Part One left off and wastes no time finishing discussing the remaining six meridians.

Bladder Meridians and Organs, Kidney Meridians and Organs, Pericardium Meridians and Organs, Triple Heater (San Jiao) and Organs, Gall Bladder Meridians and Organs, Liver Meridians and Organs.

What I found very helpful in the study of the meridians is that Grandmaster Ashida Kim adds the Psych-Emotional Aspects and the possible Diseases. I have studied other materials on the subject which cover the “Primary Functions” in quite some depth but leave out these two other important areas of study.

I found the Kidney Meridians to be a fascinating section. Called the “Root of Life” because they store the Prenatal Jing (Yuan Jing) which determines one’s basic constitutional make-up, strength, and vitality. I have also found through personal experience the kidneys themselves play a major role in the entire function of the body as well as the Psycho-Emotional Aspects. The material presented on the Kidney Meridians is right on the mark!

An interesting topic of study is the “Triple Heater (San Jiao) Meridians.” Grandmaster Kim states they *“have no equivalent in Western Medicine. It really does not have a form but is a set of functions. The Upper San Jiao generally refers to the area from the diaphragm upward. The Middle San Jiao refers to the area from the diaphragm to the umbilicus, and the Lower San Jiao is referred to as the area below the umbilicus.”*

The student will go on to learn about the “Body’s Three Fires” (Heart Fire, Kidney Fire, and Bladder Fire) in this lesson.

The “Skill Set” the student will learn in the lesson will be the “Meridian Balancing for Self” exercise. In order for the student to do this exercise they will be using the meridian charts found in Level Six -- Part One. The exercise can be done through your clothing.

After completing this lesson the student will be well schooled in the basic principles in the functioning of each of the twelve meridians.

Through this study and through practice, the student will clearly see when the flow of qi is balanced and harmonious; we experience physical and emotional well-being. When the flow is blocked, erratic or deplete, we experience physical or emotional disease. Qigong helps to maintain a healthy flow of qi through the meridian system.