

Meridian POWER

For years we've been told that you can't spot weight loss. But by understanding your meridians, you can. And do much more.

BY JANIE LARMOUR



Working with your meridians and being able to put strength into your actual internal organs is an exciting game changer for yogis. When we add some simple knowledge of what the meridians do for your health, emotions and body shape it gives you the power to heal yourself from the inside out. Meridians are energy pathways that run throughout your body and connect with an organ. Even though the meridian is named after an organ, the meridian influences far more body, mind,

spirit and emotional factors within us than the work the organ is known for in western medicine.

There are 12 main meridians and certain meridians are related to each season with the season being represented by one of the 5 elements of Japanese/Chinese Medicine. Each element and its corresponding meridians also relate to specific areas of your body to target for weight loss.

A brief look at the elements and meridians with some of their relationships.

	WATER	WOOD	FIRE	EARTH	METAL
MERIDIANS	Urinary Bladder Kidney	Gall Bladder Liver	Small Intestine Heart **	Stomach Spleen	Large Intestine Lungs
SEASON	Winter	Spring	Summer	Late Summer/ change of season	Autumn/Fall
EMOTIONS BEHAVIOURS	Confidence, motivation, determination, sense of self - v- fear, insecurity, being grounded	Flexibility, decision making, being organised, having direction -v- anger, controlling frustration, patience	Calm joy, unity, power -v- excitement, talkative, excessive laughter, anxiety	Worry, over- thinking, critical, jealousy -v- love, compassion, sympathia	Happiness, optimism -v- grief, pessimism, sadness
AREAS OF THE BODY	Nervous system, spine, lower back, sacrum, reproductive system, pelvic floor	Sides of body, inner thigh, back of neck, joints, tendons	Upper back ten- sion, gut, circula- tion, heart issues	Digestion, absorbing information, belly, immune system, menstrual cycle	Chest and upper back, lower back, back of waist, colon
WEIGHT LOSS	Bottom, ankles	Saddle bags, general fat burning	Belly, waist	Waist, belly, front of thighs, avoid sagging body	Bottom, back of thighs, upper calf muscle, back of waist, cellulite

***The Fire element has two extra meridians: the triple heater and the heart constrictor, which assist the heart, have a lot to do with circulation and communication.*

Many Japanese style yoga styles, such as Zen Ki Yoga work specifically with the meridians using unique, moving asanas to target each specific organ in your body that are unlike the traditional yoga asanas you are used to, in fact you could do an entire class lying down but still be challenged from deep within.

For years, the belief that you can't target specific areas for weight loss was true for the health industry. We were told that while you can shape your body with weights, it doesn't mean that you will necessarily lose the fat from that area, but that is simply because we weren't working with the meridians of Traditional Chinese/Japanese Medicine. With Zen Ki Yoga, however,

because it works with the meridians and the organs, you can target any specific part of your body and even the wrinkles on your face.

This is no new fad either. This information is thousands of years old. Your body is like a map - every part of your body relates to a different organ or body system (digestive system etc). We look at the part that is out of condition (or fat that has accumulated in a certain area) and we look at the related organ and/or system. We fix the internal part and make it function properly and the fat accumulation in that area or health problem changes.

If you have ever tried to tone your body or lose weight, you may have realised

by now that conventional methods are difficult, repetitive and often pointless or a waste of time. For example, how many of you have tried to tone up the back of your upper arm (the tricep area) so it doesn't flap around. Sometimes this area is referred to a 'tuck shop arms' or 'bat wings'. This area will never tone up by doing tricep exercises... Sure the muscle will grow and it may hold up 'some' of the fat around that area but it won't burn it and it will still hang.

This area is a direct reflection of your digestive system and specifically your small intestine. It is also true that the fat on your tricep area reflects to the amount of fat on your thighs. Your thighs too, reflect the health and state of your digestive system,



but they are more specific to your stomach meridian, which controls the digestive system (with the spleen meridian). Toning your digestive system, meaning, your internal organs such as your stomach, spleen, small intestine, large intestine and liver will help reduce the fat on your belly, thighs, your bum and triceps.

This is what sets Zen Ki Yoga and many other Japanese yoga styles apart from traditional Indian styles of yoga and definitely apart from western methods of exercise. You can literally tone your organs so they function better. When they function better, your outer body tones up and your shape changes.

Similarly, when you tone up your digestive system, you tone your jaw line and face. It is the job of the spleen to hold everything up. That means your organs and your face. A good spleen energy will help you stay 'lifted'. If the bladder is not strong and toned, you lose the definition under your chin directly under your mouth. The areas out to the sides of your jaw line all the way up to the ears reflect your small and large intestines. You tone these up and your tone up your jaw line. It's not always OLD AGE as most people believe. Haven't you seen young people who have lost their jaw to their neck? If the entire jaw line has fallen, so has the digestive system and urinary system!!

