

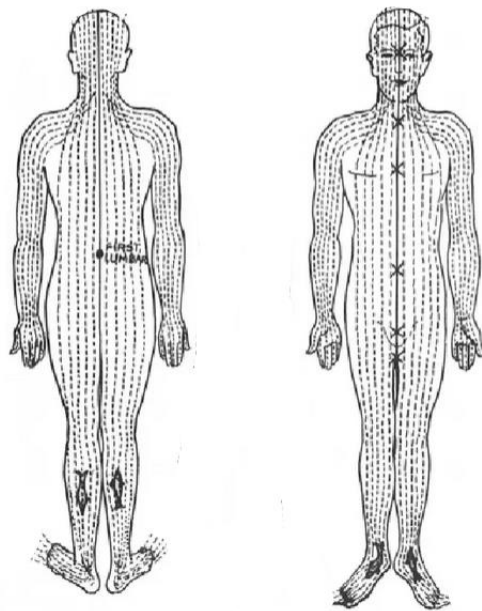


Written Description for: Section 14, Lesson 2

Meridian Slapping

For this exercise, we need to divide each section of the body into 5 lines.

Here is a basic drawing of where those lines are:



(Image from Randolph Stone's Polarity Therapy. You can ignore the little fishes in the diagram – they are supposed to show the direction of flow.)

And here's a written explanation:

Looking down at your hands, you can see where 5 lines would fit from the fingers to the wrist – the lines are already visible as the tendons that move the fingers.

From the wrist to the elbow, you can see where those 5 lines from the fingers would pass through: The thumb line goes down the inside of the forearm. The little finger line goes down the outside of the forearm. The middle finger line goes down the middle of the forearm and the two in between lines go down halfway between the middle line and the outside line on each side.

For the upper arms, you can see where those lines would continue into the shoulder.

The torso contains 5 lines on either side of the central channel, with the inside line (closest the centre line) being just a few millimetres from the centre and the outside line running down the side of the body, directly in line with the inner armpits.



Finding the lines along the feet and legs uses the same process as that which was used to find the hand and arm lines. You can see where the toe lines are, and you can follow those up all the way along the leg.

The meridian slapping exercise utilises a pathway connecting the right arm to the left side of the body and the left leg, and the left arm connecting to the right side of the body and right leg.

We divide each section into 5 equally spaced taps along each of the 5 lines.

The practice is as follows:

1. Front of the Body – Right Fingers to Toes of the Left Foot

(i) Thumb Line – Left Thumb to Right Big Toe

- Tap 5 times, equally spaced, from the tip of the right thumb to the wrist.
- Tap 5 times, equally spaced, following the first line, from the right wrist to the right elbow.
- Tap 5 times, equally spaced, from the right elbow to the right shoulder, following the first line.
- From the top of the upper arm, move across the collar bone, across the front of the neck, to the inner line of the left torso (closest to the centre without being exactly on the centre line), tap 5 times, equally spaced, down the torso line to the groin, and then
- Tap 5 times, equally spaced, along the left inner thigh to the left knee,
- Tap 5 times, equally spaced, along the inside of the left lower leg, down the calf to the inner ankle of the left foot
- Tap 5 times along the big toe line from the ankle to the top of the left big toe.
- Return the same path back to the right thumb, tapping 5 times on each section, equally spaced.

(ii) Index Finger Line – Left Index Finger to Right Second Toe

- Tap 5 times, equally spaced, from the tip of the right index finger to the wrist
- Tap 5 times, equally spaced, following the second line, from the right wrist to the right elbow
- Tap 5 times, equally spaced, from the right elbow to the right shoulder, following the second line.
- From the top of the upper arm, move across the collar bone, across the front of the neck, to the second line of the left torso, tap 5 times, equally spaced, down the second torso line to the groin, and then



- Tap 5 times, equally spaced, along the second line from the left inner thigh to the left knee,
- Tap 5 times, equally spaced, along the second line of the left lower leg, down along the bone, to the top of the ankle where the line from the second toe joins.
- Tap 5 times, equally spaced, along the second toe line from the ankle to the top of the left second toe.
- Return the same path back to the right index finger, tapping 5 times on each section, equally spaced.

(iii) Middle Finger Line – Left Middle Finger to Right Middle Toe

- Tap 5 times, equally spaced, from the tip of the right middle finger to the wrist
- Tap 5 times, equally spaced, following the middle line, from the right wrist to the right elbow
- Tap 5 times, equally spaced, from the right elbow to the right shoulder, following the middle line.
- From the top of the upper arm, move across the collar bone, across the front of the neck, to the middle line of the left torso, tap 5 times, equally spaced, down the middle torso line to the groin, and then
- Tap 5 times, equally spaced, along the middle line from the left thigh to the left knee, then
- Tap 5 times, equally spaced, along the middle line of the left lower leg, down along the centre of the leg, to the top of the ankle where the line from the left middle toe joins.
- Tap 5 times, equally spaced, along the middle toe line from the ankle to the top of the left middle toe.
- Return the same path back to the right middle finger, tapping 5 times on each section, equally spaced.

(iv) Ring Finger Line – Right Ring Finger to Left Fourth Toe

- Tap 5 times, equally spaced, from the tip of the right ring finger to the wrist
- Tap 5 times, equally spaced, following the fourth line, from the right wrist to the right elbow
- Tap 5 times, equally spaced, from the right elbow to the right shoulder, following the fourth line.
- From the top of the upper arm, move across the collar bone, across the front of the neck, to the fourth line of the left torso, tap 5 times, equally spaced, down the fourth torso line to the groin, and then
- Tap 5 times, equally spaced, along the fourth line from the left thigh to the left knee, then



- Tap 5 times, equally spaced, along the fourth line of the left lower leg, down along the outside centre of the leg, to the top of the ankle where the line from the left fourth toe joins.
- Tap 5 times, equally spaced, along the fourth toe line from the ankle to the top of the left fourth toe.
- Return the same path back to the right ring finger, tapping 5 times on each section, equally spaced.

(v) **Pinky Finger Line – Right Pinky Finger to Left Little Toe**

- Tap 5 times, equally spaced, from the tip of the right pinky finger to the wrist
- Tap 5 times, equally spaced, following the outside line, from the right wrist to the right elbow
- Tap 5 times, equally spaced, from the right elbow to the right shoulder, following the outside line.
- From the top of the upper arm, move across the collar bone, across the front of the neck, to the outside line of the left torso, tap 5 times, equally spaced, down the outside torso line to the groin, and then
- Tap 5 times, equally spaced, along the outside line from the left thigh to the left knee, then
- Tap 5 times, equally spaced, along the outside line of the left lower leg, down along the outside line of the leg, to the top of the ankle where the line from the left little toe joins.
- Tap 5 times, equally spaced, along the little toe line from the ankle to the top of the left little toe.
- Return the same path back to the right pinky finger, tapping 5 times on each section, equally spaced.

2. Repeat the same thing, starting from the left fingers and going to the toes of the right foot.

3. Back of the Body

(i) **Inner Line (Corresponding to the Big Toes)**

- Use both hands, left hand tapping left side of the body and right hand tapping right side of the body.
- Tap 5 times, equally spaced, from the back of the heel, along the inner line, up the back of the legs, along the sacrum and backside, up the back, following the innermost line, as far up the back as you can reach.



(ii) Second Line

- Use both hands, left hand tapping left side of the body and right hand tapping right side of the body.
- Tap 5 times, equally spaced, from the back of the heel, along the second line, up the back of the legs, along the sacrum and backside, up the back, following the second line, as far up the back as you can reach.

(iii) Middle Line

- Continue using both hands, left hand tapping left side of the body and right hand tapping right side of the body.
- Tap 5 times, equally spaced, from the back of the heel, along the middle line, up the back of the legs, along the sacrum and backside, up the back, following the middle line, as far up the back as you can reach.

(iv) Fourth Line

- Continue using both hands, left hand tapping left side of the body and right hand tapping right side of the body.
- Tap 5 times, equally spaced, from the back of the heel, along the fourth line, up the back of the legs, along the sacrum and backside, up the back, following the fourth line, as far up the back as you can reach.

(v) Fifth Line (Corresponding to the Little Toes)

- Continue using both hands, left hand tapping left side of the body and right hand tapping right side of the body.
- Tap 5 times, equally spaced, from the back of the heel, along the outside line, up the back of the legs, along the sacrum and backside, up the back, following the outside line, as far up the back as you can reach.

(vi) Over the Shoulders

- Using the left hand over the right shoulder, try to reach the points at the back that you didn't touch coming up each of the lines, starting with the outside line, up the shoulder tops.
- Complete the same for each of the lines on the right side
- Then, using the right hand over the left shoulder, repeat on the other side.

(vii) The Head



- Using the left hand, tap 5 times up the inner line, up the neck to the base of the skull
- Then tap 5 times from the base of the skull to the tip of the eye brows
- Continue the same, using the left hand for the left side of the head, for each of the lines.
- Then repeat using the right hand, tapping along each of the lines up the neck, and then from the base of the skull to the top of the eyebrows.

4. The Face

- Massage the face, in anyway that you like, including gently pulling the ears, rubbing over the eyes, cheeks, forehead and sides of the nose.