

## UNWINDING THE MERIDIANS FOR HEALTH VITALITY AND CLARITY

KENNETH R KOLES Ph.D.,D.Sc.,L.Ac.

Unwinding the Meridians of Acupuncture [UMAC] is the confluence of Oriental Medicine and CranioSacral Therapy. UMAC uses the Cranial Rhythm with the points and meridians to resolve imbalances on many levels (physically,mentally,emotionally,spiritually,ancestorially, DNA...). The Cranial Rhythm is the movement of the Cerebrospinal Fluid as it pulsates around the brain and up and down the spine. The Cranial Rhythm is felt all through and around the body and is a monitor of physical, mental, emotional, spiritual and many more levels of wellness and wisdom. This system of utilizing the Cranial Rhythm and the wisdom of the body with the meridians, points, chakras and the Po, Zhi, Yi, Hun, and Shen has been referred to as the CRANIAL SEA by Michel Angelo, Mary Elizabeth Wakefield, and Kenneth Koles in THE FACIAL LANDSCAPE AND THE CRANIAL SEA (workshop). In Oriental Medicine we have many descriptions of the pulse qualities - excess, deficient, full, empty, knotted, choppy and many more. There are similarities to feeling the meridian itself. By feeling the Cranial Rhythm at the entry and exit points or the first and last points of a meridian we can feel the state of that meridian, similar to feeling the pulse . Just as we untangle twisted muscles, bones, organs, nerves or vessels we can unwind the meridian to give them the energy and space to release blocks and imbalances for optimal health wellbeing and vitality. We can also carry on a conversation with the points and meridians by using the Cranial Rhythm as a yes/no mechanism to find at what level (physical, mental, emotional, Po, Zhi, Yi, Hun, Shen...) the meridian or point needs to be balanced. This helps to uncover hidden imbalances on other levels that may not present themselves in the initial evaluations. Such as psychological imbalances, psychic influences, planetary energies, issues with geomancy, ancestral imbalances, astrology, past lives, DNA, RNA, telomere, telomerase and epigenome issues and more.

Communicating and balancing with the Cranial Rhythm is done with a fingertip just making contact on or as much as a centimeter above a point. You will notice heat, electricity and a wave like motion. This is both a physical fluid movement and an electrical or Qi sensation. To enhance your sensitivity to the points you can send your roots down into the center of the Earth and to the planets below it to root into Earth energy. Next expand the sides of your being out to the edge of the Cosmos to bring in Cosmic energy. Then open the top of your head energetically to bring in Heavenly energy to enlighten your senses. Perceive with your fingertip the flow of the point. It can be a wave, a pulse, circular, or a start and stop motion or others. As you set your intention to merge [The Su Wen {Plain Questions} “Without resonance, healing cannot occur.”] and balance with the energies and wisdom of the point you can gently follow the flow and bring it into more perfect movement with your intention and your Qi. The sensations may go back and forth, circle, increase or decrease, even come to a stop for a while as the point builds up the Qi to rebalance and open itself.

The point is balanced when you sense a more harmonious rhythm there. To Unwind a Meridian simply use the entry and exit or first and last points, first individually then together . You will notice the flow of the meridian between your fingers. As you put your intention and Qi into Unwinding the meridian on all levels you may sense it wiggle about like a meandering brook or roaring like a mighty river,it can writhe

like a snake, it can stop completely, it could beat like a bass drum or many other sensations. Your mind, Qi and patience will bring the meridian into a higher state of wellness.

As you become more familiar with Unwinding the Meridians you can ask the point to indicate a yes/no response as you ask questions either verbally or silently with your thoughts. This can be a stop of the Cranial Rhythm, a jump in the rhythm, a twist or a circle in a different direction than previously felt or other experiences. You can ask questions to which you know the answer (name, age...) to calibrate the responses. You can ask if all the meridians are flowing and harmonious, does any meridian need any more or less Qi, are the elemental pairs in balance, is there an issue on another level or dimension. The most impressive reason to talk to the body is that the wisdom of the body can let you know where it needs help, and most significant is the body can heal itself. You can ask the body to access the best DNA to regenerate an organ or system or bone and more. You can ask the body to put to sleep ancestral patterns of imbalance and to wake up ancestral patterns or optimal health, balance, creativity and vitality.

A recent example. A 22 year old woman came to my office complaining of : facial swelling, sores over her body, bloating and constipation, hot flashes, erratic energy, cold extremities, scoliosis, kyphosis, just done in. We began the treatment with her standing. First I unwound Yaoshu Du 2 for grounding and balance, lower burner issues, and to create a base to work from. Then Baihui Du 20 to lift fallen yang Qi, clear the mind, benefit digestion and to balance the Cranial Sea. Then the Du was unwound with these 2 points to create the pillar between Heaven and Earth to support her systems on many levels. Next she reclined on the table, and by asking the wisdom of the body, we nourished the Kidneys and refilled the Ming Men fire. This was done by unwinding Yongquan K 1 to refill the Qi and then Shufu K 27 to invigorate the Heart and Shen, benefit digestion and balance the energies of the body.

Next was unwinding the Kidney meridian with the same points simultaneously and bilaterally. Finishing with Renying ST 9 bilaterally to balance above and below, a Sea of Qi point and to beautify the face. She immediately was amazed at how much better she felt. At the time of this writing, a month later, she continues to enjoy vital health. Her face stopped swelling and that continues well. Her skin is clear, her digestion is balanced and her body temperature stays appropriate.

Unwinding the Meridians is a fast and simple way to tap into the body's healing abilities, as well as the wisdom to access other levels and dimensions of healing by just feeling the points and meridians while consciously partnering with the patient's inner Qi to heal themselves.

Kenneth R. Koles Ph.D.,D.Sc.,L.Ac.

Ken teaches Unwinding the Meridians of Acupuncture for The Upledger Institute internationally. He maintains a private practice in Shaker Heights, Ohio treating people and animals locally and long distance. From over 40 years of practice the confluence of Oriental Medicine and CranioSacral Therapy has been the polestar of his work.

Ken can be reached at [ken.koles@gmail.com](mailto:ken.koles@gmail.com) or 216-397-4950. And UNWINDING MERIDIANS on Facebook.