



DELTA LIFE SKILLSsm



EMOTIONAL FREEDOM IS IN YOUR HANDS with REBsm

Integral Energy Psychology

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PART ONE: THE RADIANT ENERGIES BALANCE (REB)sm PROTOCOL: PHILOSOPHY/RESEARCH/THEORY BACKGROUND©

Section:

- 20.3. Donna Eden's description of the meridian emotions and affirmations arranged alphabetically by meridian
- 20.4. Introduction to radiant circuits (strange flows, curious meridians)
- 20.5. Donna Eden's discussion of triple warmer {triple stimulator} and the strange flows {radiant circuits} [1998, 2002a and 2002b]
 - 20.5.1. 2002a version
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 - 20.5.3. 1998 version

20.3. DONNA EDEN'S DESCRIPTION OF THE MERIDIAN EMOTIONS [see note 1] AND AFFIRMATIONS [see note 2]...ARRANGED ALPHABETICALLY BY MERIDIAN

Available on the [Energy Psychology Interactive CD ROM](http://www.innersource.net) Available at: www.innersource.net

20.3.1. BLADDER MERIDIAN

"Reactive Emotions/Themes: Fear, Anxiety, Futility

Balancing Emotion/Theme: Hope

Sample Affirmations: *I am hopeful. I am hopeful about [solving this problem].*

Why: Bladder meridian governs the nervous system. The nervous system and the bladder meridian begin at the same spot, the third eye. The nervous system transports millions of pieces of information every second. When the energies that support it are in their flow, the capacity to fulfill every potential is activated, the future is bright, hope abounds. When its energies are disturbed, problems cannot be solved, the world becomes fearful, aspirations futile."

20.3.2. CENTRAL MERIDIAN

"Reactive Emotion/Theme: Feeling Vulnerable

Balancing Emotion/Theme: Feeling Centered and Secure

Sample Affirmations: *I am clear, centered, and secure. I am confident about how I will [meet this challenge].*

Why: Central meridian runs up through all the chakras, the body's energy centers. When central is in its flow, the major energy bases are nourished and the sense of being 'centered and secure' is prominent. When central is disturbed, you cannot access the strength that comes from your major energy centers, leaving you feeling vulnerable and actually being vulnerable."

20.3.3. GALL BLADDER MERIDIAN

"Reactive Emotions/Themes: Rage, Judgmentalness

Balancing Emotions/Themes: Tolerance, Kindness

Sample Affirmations: I reach out with kindness and forgiveness.

Why: The bile produced by the liver to break down fats, toxins, and stomach acid is stored in the gall bladder, ready at a moment's notice to do its nasty work on complex foods. The gall bladder meridian goes through the gall bladder, surfaces at the outer eye, and is associated with looking outward. The combination of this surveillance and propensity to rip things apart, when the gall bladder's energies are disturbed, can escalate from a tendency to pass judgment to a monolithic rage toward whoever or whatever crosses its path. When gall bladder meridian is in its flow and its power to destroy toxins secure, it can look toward the world with kindness and mercy."

20.3.4. GOVERNING MERIDIAN

"Reactive Emotion/Theme: Lacking Courage to Move Forward, 'No Backbone'

Balancing Emotion/Theme: Sense of Strength, 'Standing Tall'

Sample Affirmations: *YES, I can. YES, I can [overcome this problem].*

Why: Governing meridian runs up the spine. It is the energy BEHIND you. When this energy is in its flow, it makes your posture straight. You stand tall. You have power. When it is disturbed, what appears as a lack of courage is actually a lack of access to the energy that would give you reason to be brave."

20.3.5. HEART MERIDIAN

"Reactive Emotion/Theme: Heartache or Heartbreak

Balancing Emotion/Theme: Love for Self or Others

Sample Affirmations: I breathe love into myself. I can [do what is required] with love.

Why: Intense feelings go straight to the heart. It sets the mood for all the organs. When the heart's energies are in their flow, love and joy flourish. When overwhelmed with pain or grief, the heart aches and can literally break."

20.3.6. KIDNEY MERIDIAN

"Reactive Emotions/Themes: Fearful Isolation, Shame

Balancing Emotions/Theme: Gentleness with Self

Sample Affirmations: *I am gentle with myself. I step out gently.*

Why: The kidneys are a phenomenal disposal system, filtering toxins from the blood and ridding them from the body. If the energies of kidney meridian are disturbed, this critical, life-sustaining task is disrupted. No other organ can accomplish what needs to be done, and a disturbed kidney

meridian labors in fearful isolation. The shame of failing to keep you alive hangs in the outcome. When kidney meridian is in its flow, this isolation and shame, looming as potentials, are countered by gentleness and understanding, as if speaking to a frightened child."

20.3.7. LARGE INTESTINE MERIDIAN

"Reactive Emotions/Themes: Controlling, Holding on

Balancing Emotion/Theme: Releasing,

Sample Affirmations: *I surrender (or let go). I let go of the hooks keeping me attached to [this problem].*

Why: Some of what was taken in for the purposes of nutrition cannot be used and must be expelled. After the body's multi-system process of sorting through what to keep, the critical job of the large intestine is to make a final determination about what is not needed and to let it go. When the energies of the large intestine meridian are in their flow, the waste is easily and naturally sorted from what needs to be reabsorbed. It is released back into the world. When the energies are disturbed, waste and sustenance are not clearly distinguished and the urge is to hold on, to retain what is toxic because it has not been differentiated from what is needed."

20.3.8. LIVER MERIDIAN

"Reactive Emotions/Themes: Rage Against Self, Guilt

Balancing Emotion/Theme: Kindness Toward Self

Sample Affirmations: *I like myself. I am no longer angry at myself.*

Why: Liver is the largest organ in the body, with hundreds of functions. Removing toxins is among the most important. Liver meridian also governs the eyes and is associated with an inner seeing, as if the eyes are turning back to look at oneself. When the propensity to break down poisons combines with sight turning inward, rage directed toward the self is the disease of a disturbed liver meridian. When liver meridian is in its flow, poisons of body and mind are comfortably removed and a kind eye turns within."

20.3.9. LUNG MERIDIAN

"Reactive Emotions/Themes: Grief, Detachment

Balancing Emotions/Themes: Inspiration (in-breath), Letting Go (out-breath), Faith

Sample Affirmations: *I have faith [this problem will be resolved]. I am letting go of [this problem].*

Why: Lung meridian breathes in the energy of life, bathes every cell in that energy, and releases the residue back to the world. Each out breath is based on faith that an in-breath will follow. When lung meridian is in its flow, faith is easy as each release is followed by new inspiration. When this energy is disturbed, the release seems a threat, the desire is to hold on, letting go means loss, grief follows, detachment is the reflexive defense."

20.3.10. PERICARDIUM MERIDIAN (Circulation-Sex)

"Reactive Emotions/Themes: Bewildered by Choices and Demands, Neglecting Heart's Needs

Balancing Emotion/Theme: Discernment, Prioritizing Heart's Needs

Sample Affirmations: *I am discerning. I support my heart's needs.*

Why: The pericardium is the buffer between the beating heart and the other organs. Like a good secretary, it must make clear choices about how the boss' energy and resources are managed. When the pericardium meridian is in its flow, discernment thrives and decisions support the heart's needs, which reflect the soul's longing. When the pericardium meridian is disturbed, the demands from without and within become overwhelming, and the heart and soul's needs become lost in the confusion."

20.3.11. SMALL INTESTINE MERIDIAN

"Reactive Emotion/Theme: Feeling divided, pulled in more than one direction

Balancing Emotion/Theme: Decisiveness

Sample Affirmations: *I know what I want (or will do). I feel decisive about [overcoming this problem].*

Why: The job of the small intestine is to decide what to do with the food. Sorting through a chemical complexity that is sobering to imagine, the small intestine must make instant decisions about what will become you and what will be eliminated. When the energy of small intestine meridian is in its flow, decisiveness prevails, choices are easy. When this energy is disturbed, even the simplest decision will divide you."

20.3.12. SPLEEN-PANCREAS MERIDIAN

"Reactive Emotions/Themes: Over-Compassionate, Inability to Assimilate Input

Balancing Emotions/Themes: Fairness Toward Self, Metabolizes Input into Self

Sample Affirmations: *I feel compassion for myself.*

Why: The spleen and the pancreas are the body's great metabolizers. The useful life of a red blood cell is but a month, and the spleen (along with the liver) is involved in the breakdown of 10 million worn-out blood cells a second so their materials can be used in the creation of 10 million new blood cells the next second. The pancreas secretes insulin that converts sugar to energy, and it secretes other hormones and enzymes that metabolize other foods, converting it from what was outside of you into what is you. The spleen-pancreas meridian is involved in metabolism of all forms, from food to emotions to experience. It is oriented to recognizing possibility in the other, the other's value (whether a sugar molecule or a rival colleague) as a potential resource toward the greater good. When this meridian is disturbed, it works even harder to find what is right in the other, compassionate perception overwhelming even its own needs and interests. Fairness toward self as well as to others is the mark of a spleen-pancreas meridian in a balanced flow."

20.3.13. STOMACH MERIDIAN

"Reactive Emotions/Themes: Obsessive worry

Balancing Emotion/Theme: Trust in the larger picture.

Sample Affirmations: *I let go of worry. I trust the process (or the Universe).*

Why: The stomach stores the source of the body's energies. When all is well and its energies are in their flow, there is trust that the next meal will come. When stomach meridian is disturbed, the body's source of energy is threatened, and the worry, gloom, and fear may become obsessive."

20.3.14. TRIPLE WARMER MERIDIAN

"Reactive Emotions/Themes: Fight or Flight

Balancing Emotion/Theme: Feeling Safe

Sample Affirmations: I am safe. I am [we are both] safe as I [overcome this problem].

Why: Triple warmer governs the fight or flight response out in the world, the immune response to internal invaders, and the survival habits that are induced by threat. When this meridian is in its flow, we are cradled in a sense of safety within its protective hands. When it is disturbed, all systems go on alert and defense is elevated above any other purpose."

"Note 1: Because emotions are determined by many factors, and because each person is psychologically and energetically unique, the meridians and corresponding emotions, as listed, must be understood as generalizations rather than unvarying cause-effect relationships. However, you may be surprised by how well these generalizations hold in your clinical practice. While earlier formulations have been used within energy psychology, this list represents a conciliation of previous lists, 'five element theory' from Chinese medicine (a penetrating 5,000-year-old system for understanding human energies and emotions), and consultations with Donna Eden about how she clairvoyantly 'sees' the body's energies, and the accuracy of her sight has repeatedly been verified in clinical settings."

"Note 2: The affirmations must also be understood as generalizations, starting points in crafting a statement that is attuned to the presenting problem and the energies and emotions that underlie it."

20.4 INTRODUCTION TO RADIANT CIRCUITS (strange flows, extraordinary vessels, curious meridians)

Wisneski (2000/2002) writes "There is a type of chi called *yuan chi* which represents the energy we brought onto the planet. That is, it represents ancestral energy or the very energy of the soul. Yuan chi is the energy of the soul circulating in the curious meridians. This energy is housed in the extraordinary, or 'curious' meridians. The chi in the principle (more superficial) meridians contains chi from the food we eat and the air we breathe, *i.e.*, from our environmental surroundings. The yuan chi is the soul energy. This energy comes in and develops an energetic three trunk (the curious meridian, chong mo-[governing]), this beautiful tree trunk conducts energy through your spinal canal and the branches or the tree form the principle [ordinary] meridians...This is dealing in sacred territory and one needs to have great reverence when locating points on curious meridians... As one starts clearing the blockages and repressed traumas surface and dissipate, one can imagine the curious meridians infusing and releasing its sacred (soul) energy into the corresponding principle [or ordinary] meridians, as the soul energy reservoir... It is my (Warren) contention that progressively higher states of awareness represent the stages of infusion of this sacred energy into the principle [ordinary] meridians. This corresponds to increasingly higher states of awareness and increasing levels of health and vitality. That reservoir becomes more and more filled as one allows more of the sacred energies into the body. Eventually when yuan chi exceeds planetary chi the state of samadhi or enlightenment is at hand." Wisneski (2000/2002, pp. 33-34)

This serves as the basis for the claim that thesm (which uses four curious meridian/radiant circuits) is potentially transformational as well as therapeutic.

20.5. DONNA EDEN'S DISCUSSION OF TRIPLE WARMER and the STRANGE FLOWS {RADIANT CIRCUITS} [1998, 2002a and 2002b]

Sources: Donna Eden discusses and describes in chapter 8 of her book Energy Medicine (1998) the "Triple Warmer and the Strange Flows: The Energetic Arms of Your Immune System," in the 2002a article "Triple Warmer: It's Hotter Than You Think," and in the 2002b article "Radiant Circuits: The Energies of Joy."

VHS tapes available: An Introduction to Energy Healing 1hr51mins. Energy Healing: three tapes: 2hr7min, 2hr1min, 1hr50min Available @ Innersource, POB 213, Ashland, OR, 97520, 1-800-835-8332. Website: www.innersource.net

Note: In Donna Eden's recent approach (2002b) to this field, Eden has called the Triple Warmer the "Triple Stimulator" since it stimulates the body's immune and protection systems. She has dropped this re-labeling but I feel it captures an important property. I will use the traditional "warmer" but keep in mind the "stimulator" function. She also refers to the "Strange Flows" by "Radiant Circuits." Thus, I plan to follow suite. I indicate the changed use of the new terms by enclosing them in {...} My comments are contained in [...].

20.5.1. 2002a VERSION [my inserts]

"The energy system described by the term 'triple warmer' is among evolution's great success stories. Triple warmer functions as a meridian, but it is more than a meridian. It shares properties with the energy system the Chinese physicians called the 'strange flows' or 'extraordinary vessels,' {radiant circuits} but it is also more than a {radiant circuit}. Triple warmer, in fact, governs three of the body's most extraordinary mechanisms:"

"1. The immune system

2. The emergency response to threat ('fight or flight') [the freeze reaction is due to the over reaction of the primitive dorsal vagal complex of the parasympathetic system]

3. The ability to form habitual behavioral patterns for managing stress or threat." [used in the "temporal tap" technique]

"With these strategies, triple warmer (which we also call 'triple stimulator' since it stimulates these three mechanisms) has helped millions of species survive over millions of years. But it evolved for a world that no longer exists. Triple warmer's essential task is to identify threat and to protect you, both internally (immune response) and externally (fight or flight). As civilization, and technology in particular, have advanced, the ability of triple warmer to sort out what is friend and what is foe, has been overwhelmed, so that for many people, triple warmer is on continual alert..."

"Triple warmer takes charge of the meridian system and organizes its energies for this response. The entire emergency reaction may be triggered not only by actual threat, but it may be set off by any unrecognized stimulus, and it may become conditioned to a host of 'false alarms.'..."

"When understood at the level of the body's energy systems, the fight or flight response is a far more intricate and pervasive mechanism than when understood only in terms of its biochemistry. *It is, in fact, the underlying mechanism involved in many psychological problems*: Whenever psychological stress or perceived threat exceeds a critical threshold, an analog of the fight or flight response occurs within the energy system (*this actually precedes and regulates the biochemical*

reaction)...[italics added]"

"Triple warmer is continually scanning for danger. When it identifies a threat or potential threat, it mobilizes the energies governed by specific meridians to respond to that threat...[italics added]"

"The principle of deep-seated survival patterns is rooted in the economy in habit. A survival strategy can be implemented for a new threat more efficiently if it is patterned after strategies that have worked in the past. This economy, however, carries two risks: 1) the survival strategy may not be sufficiently attuned to the immediate danger, and 2) the survival strategy may become deeply embedded and evoked in circumstances where it is not needed, the 'false alarm' factor which is at the root of many psychological problems.[italics added]..."

"[B]ecause the threat response overpowers reason, the resulting perceptions, thoughts, and actions are often self-destructive.[italics added]..."

"The mechanism that maintains deep-seated survival habits within the body's energies is the conditioning of a disturbed response in one or more of the meridians to stimulus, such as an internal image or external situation. Working with acupoints that bring balance back to that meridian in the presence of the provoking stimulus reconditions this habitual pattern.[italics added]..."

"Because triple warmer operates in part according to the principle of deep-seated survival patterns, the meridian response may be intransigent or tied into a more complex survival strategy. Changing this habit may require repeated treatments to shift the well-established energy pathways or treatments that address other aspects of the survival strategy." [In the REBsm protocol, this is the purpose behind finding hidden aspects via eye/head work, using the choices wording for affirmations and goals, and installing positive emotions to replace the negative.]

20.5.2. 2002b VERSION

(taken from an internet source, one version is published in Gallo, 2002, chap 21)

"In [chapter 21], '**Radiant Circuits: The Energies of Joy,**' Donna Eden and David Feinstein focuses on an energy system associated with feelings of joy, the awakening of psychic abilities, and the channeling of healing energy. Distinct from meridians, chakras, or biofields, their appearance is described by people who see energy as having a radiant quality. And they, in fact, bring a radiant, joyful, uplifting vibration to all they touch. The radiant energies are a limited, precious resource, and it is the body's design that, like hyperlinks, they jump to wherever they are most needed. Recognizing their unusual characteristics, the ancient Chinese physicians called them the 'strange flows' or 'extraordinary vessels.' They are significant for working with psychological issues because a person cannot feel joy if the radiant energies are not flowing and cannot move through life in an integrated manner if the radiant energies are not connecting and harmonizing the other energy systems. This chapter includes a wide array of precisely described exercises designed to develop one's radiant energy system and thus greater intuition, inner joy, and psychic ability." (Gallo, 2002, Preface, taken from Gallo's website)

"Wherever the radiant energies move, they bring strength and resilience, joy and vitality. These energies are a precious resource, and it is the body's design that they jump to wherever they are most needed. Beyond doing repair work, these are also primary energies in exhilaration, falling in love, orgasm, hope, gratitude, rapture, and spiritual ecstasy...Through them, all of the body's energy systems are linked and energetic deficiencies and excesses regulated...The radiant energies

were first described in ancient Chinese texts dating back some 4500 years...and their use continues to be reported within the clinical literatures of acupuncture..., acupressure..., Jin Shin Do..., Qigong..., and shiatsu... A study reportedly conducted in China and subsequently suppressed found that *treatments which focused on the radiant energies were 'far more effective than those of the traditional Chinese protocols'*...The radiant circuits appear to predate the meridians, and they are the first energy circuit to appear in the developing fetus...We believe, in fact, that a meridian is a pathway that was once, in the course of evolution, a radiant circuit...As creatures became more complex, radiant energies that moved along the same lines day after day, generation after generation,...formed the meridians. Meridians are the energy equivalent of riverbeds, habits of energy movement that have become entrenched in the body's energy system. A meridian is highly efficient for specific, repetitive tasks. *Radiant energy*, on the other hand, *spontaneously jumps to wherever it is needed* [like a hyper link on the net]. It appears capable of intelligent choice. *Meridians accomplish more narrowly defined tasks*. They appear capable of doing these tasks with intelligence and efficiency, but *their creative problem-solving abilities are limited to their own pathways*...*The radiant circuits*, serving as 'inner wells of joy,' *support a vibrancy and a harmony throughout the entire body-energy system*. *Working with the radiant circuits can change a person's future*, orienting the psyche toward ecstasy rather than despair. They can be *marshaled for overcoming self-sabotage and negative thinking*. They *bring us in contact with our core self*, showing us how healthy functioning felt before life's inevitable woundings... By countering the Triple Warmer system's lock on habitual thought and behavioral patterns, they can *help people trapped in dysfunctional habits to change them*. And to the degree we can cause our radiant energies to be activated more consistently, the greater our inner peace and enjoyment of life." (*italics added*)

"The dance between the radiant circuits and dysfunctional patterns of belief and behavior is worth understanding. *The radiant energies are the most direct influence for balancing the excesses of Triple Warmer, which is the keeper of energetic habits and holds the authority of a commander-in-chief during wartime* [the inner defender or warrior role]..."(*italics added*)

"Triple warmer is concerned with your survival, not your evolution or happiness, and it regards your core beliefs as assets that have helped you survive. True or false, functional or destructive, it will fiercely protect your deepest myths. Fight-or-flight trumps constructive change. *Triple warmer carries a pervasive, insistent energy that leaves people trapped in their negative patterns*. Activating the radiant energies, particularly in times of stress, relaxes triple warmer, radiating a sense of safety and facilitating an opening for new guiding myths and coping strategies." (*italics added*)

"[O]ur emotions, thoughts, and beliefs are not just ethereal events; they *exist in your energy system and they permeate your cells*... Some become so deeply embedded that they seem to carry the weight and structure of absolute truth, settling into your deepest perspectives about life. Initiating shifts in these *deep habits and states of mind*, even if they are clearly dysfunctional, can be deceptively difficult. *The radiant energies can be directed to impact them perhaps more profoundly than any of the other energy systems*. (*italics added*) Consider activating the radiant energies:"

"If Negativity is a Persistent Theme in a Person 's Life. Because the radiant circuits are a distinctly 'positive' energy, they erode negativity and leave a positive, optimistic, hopeful psychological imprint."

"To Overcome Resistant Habits. Energy habits are part of the body's survival strategy, a primal value system that operates far beneath the conscious mind. Radiant circuits have better access for causing shifts in this value scheme than any of the other energy systems. They are also

able to permeate the cells and thus spread new information as cells replicate."

"When Caught in the Past. Even if a person's energy system is holding onto a habit, a belief, or a dream that is no longer viable, *hooking up the radiant circuits as the person thinks about the issues forges a fresh pathway that allows a new truth to become embedded.*" (italics added)

"When Other Corrections Won't Hold. When energy treatments result in improvements, but the improvements are short-lived, older energy habits ...may be winning the battle. Activating the radiant circuits can weave the corrections into the larger energy system."

"When Stress Cancels Improvements. If an energy correction holds, or if self defeating patterns have been overcome, but these improvements do not have much resilience when stressful situations are encountered, the radiant energies can be a powerful ally. If you can make them a more pervasive force in an ongoing and consistent manner, you will be less vulnerable to the way that stress tends to engage old habits or activate past fears and trauma."

When Energies Won't Stay in Balance. Top-bottom, left-right, and front-back splits in people's energies (all the meridians or chakras above the waist are strong and below the waist are weak, etc.) are common, costly, and the radiant circuits are the great balancers within the body's energy system."

20.5.3. 1998 VERSION (with {new terms} substituted)

According to Eden "No energy pattern can yank a person around as much as a *triple warmer-spleen imbalance*. [If the triple warmer is too activated, the spleen has] no energy to do its job. This throws off the balance in every system of your body. It *ensures metabolic, chemical, and hormonal disarray*. It *particularly affects the nervous and immune systems*...Spleen and pancreas, the major organs on the spleen meridian, begin the metabolizing process for the whole body. When they are perpetually being robbed of their energy [by an over active triple warmer], all the metabolic processes are disrupted...**Triple warmer-spleen imbalances are...responsible for food cravings, the weight yo-yo, obsessive eating, anxiety, foggy thinking, mood swings, premenstrual syndrome, allergies, most auto immune diseases, chemical sensitivities, and recurrent infections.**" (p. 253, *italics* and **bold** added)

"Triple warmer is the meridian that networks the energies of the immune system to counter an invader, but it functions in ways that are beyond the range of any single meridian. It also operates as a {radiant circuit}. {Radiant Circuits} do not follow specific pathways. They are more diffuse and they intersect all of the meridians. Rather than staying on its own meridian line, triple warmer energy jumps its course and, like a {radiant circuit}, hooks up with the other meridians and organs. *The triple warmer meridian networks information to all the meridians and organs they serve. It is governed by the hypothalamus gland, the body's thermostat and the instigator of the fight-or-flight response*...Triple warmer prepares the body for war!" by mobilizing your inner militia (p. 226, *italics added*) This is basically a description of the function of the sympathetic branch of the autonomic nervous system: preparation for stress and speed, fight, flight [the freeze reaction is due to the over reaction of the primitive dorsal vagal complex of the parasympathetic system].

"If triple warmer mobilizes your 'inner militia,' the {radiant circuits} [especially the spleen meridian] mobilize your 'inner [peace keepers].' They support, inspire, strengthen, and cajole all your organs and energy systems to function as a tightly knit [unit]. Whereas triple warmer protects

you using the principle of conflict, the {radiant circuits} protect you using the principle of harmony...[{Radiant circuits} function by] insuring that all systems will work for the common good, redistributing energies to where they are most needed..."(p. 243) Thus, they function as the parasympathetic nervous system which peacefully preserves and protects (the smart vagus).

"...{Radiant circuits} respond to your thoughts instantly and scrupulously. They are more affected by your ideas, images, and beliefs than any other energy system." (p. 247) "*Radiant circuits} are the energetic bridge between a thought and the activity of the brain's neurotransmitters. The central and governing meridians are...[the] link between the {radiant circuits} and the meridians. They jump the course like {radiant circuits} but are more efficient because they have established pathways like meridians...The {radiant circuits} can instantly go wherever they are needed, but the meridians are tied to specific pathways...The spleen meridian governs the spleen and pancreas, and it is also involved with the thymus, lymph nodes, tonsils, and bone marrow...With its dual citizenship as a {radiant circuit} and a meridian and its responsibilities for blood supply, metabolism, homeostasis, antibodies, and nourishment, spleen is the leader of the pack [of all the ten different {radiant circuits}]. Its model of protection is to foster a vital defense by maintaining a vital organism. And the same techniques that empower spleen also support each of the other {radiant circuits}.*" (pp. 244-245, italics added)

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