



Energy Systems and Fascial Link Therapy

by Allison Ishman

Energy therapy sessions are always geared toward tuning the energy systems in the body so they are working efficiently. This helps improve your health, immunity, energy level, metabolism, ability to handle change, anxiety and stress levels, and happiness overall.

In particular, we are concerned with how a person's energy systems affect fascia and connective tissue in the body. This in turn affects pain and discomfort, physical tension, daily activities, and sports performance. However, the body can also be an effective indicator of emotional and lifestyle stresses. Current research in myofascial work emphasizes the connectedness of the subconscious in healing. We will try to better understand the imbalances created by different stressors on the energy systems, and how they affect the healthy or unhealthy function of the soft tissues in the body.

1. Meridians

When working with energy systems at Ishman BodyCare Center & Institute, we are usually working our way toward balanced meridians. Meridians are the energy pathways used in traditional Chinese medicine, and are used in common practices of Acupuncture and acupressure. We use light touch or no touch methods here to tune meridians.

Meridians are based on circadian rhythm, meaning that there are 24 hours in a day where our earth turns all the way around, with magnetism formed by a north and South Pole. These magnetic principles affect the way meridians are calibrated. This principle is what makes us put magnets in the space suits of astronauts, so that their bodies know when to send out cortisol and wake them up, and when to send out melatonin and put them to sleep. The body uses these forces to tell time and take us through our day. This is the system you confuse when you fly abroad, which we commonly call jet lag. It's your body's internal clock.

The 14 meridians each have specific pathways in the body. These pathways are located in specific lines from the hands up to the body, from the head to the toes, and from the feet up through the upper body. Their locations and study of meridian treatments are based on thousands of years of study. Energy is either flowing well through each of the 14 meridians, or is flowing poorly – and occasionally barely flowing at all. Meridian therapies tune the energy in meridians to improve the flow there to a normal, even rate.

The meridian system is an integrated system in the body. So, like a change in blood flow can affect the nervous system, a change in meridian flow can affect a muscle or organ. Energy, endocrine, reproductive, circulatory, lymphatic, and nervous systems are all different systems, but each has the ability to significantly affect another system.

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There are some **larger energy systems** that can affect the results of a meridian assessment. These broad systems will be addressed as needed, and are often evaluated in an initial energy therapy session to determine which imbalances may limit healing. These are the energy systems we work with:

2. Triplewarmer

This is a system that often acts to protect the body – something like your own personal secret service. The triplewarmer system is considered a system unto itself due to its complicated nature, and its flexibility in protecting the body. There are many exercises available to tune this system, as it can react very differently in different people. This is a perfect example of how we are all unique with different personalities, backgrounds, and interpretations. The triplewarmer system that does such a good job keeping us out of harms way also must be understood, so that it can be managed and relaxed for therapeutic benefits.

3. Radiant Circuits, a.k.a Strange Flows

Radiant circuits are similar to meridians in that they have a track they follow in the body. However, these are the original energies we all have at birth, and they stay with us throughout our lives. Radiant circuits have the ability to jump their track and go to another area of need. When we are infants, we need this flexibility. We are small then, and our system is focused on survival. As we grow older, we again want to understand this system so that it can be managed.

Tuning radiant circuits enables us to put this energy back in its track and help it run effectively there. The goal is to have a broader impact on staying balanced in each area that radiant circuits are intended to. They essentially help us regulate our systems, bridge our way to future activities, keep us connected, enable us to experience the world around us without getting “cut off”, keep our immune function going, and protect us.

4. Chakras

Chakras are considered a universal life force. This is the system the yogis are always working on balancing. We work with 7 chakras here (though some cultures have eleven). Chakras are all related to one another in our energy systems, and the lower ones tend to affect the upper ones. (This is a generalization – people have all kinds of chakra patterns, and they vary from person to person.) These relationships are somewhat similar the needs pyramid, with basic food and shelter type needs at the bottom, and spiritual self at the very top. In the middle, we have creativity and fertility, life purpose, heart, communication and intuition.

We generally work with chakras when someone is going through life changes such as marriage, having a baby, changing jobs, dealing with personal or family illness, death, moving... any big life change.

5. The Aura, including the Celtic Weave

The aura is best described in its extremes for a simple understanding of its purpose. The aura will protect us from environmental and bioelectrical stresses, as well as from other people's bad moods and stresses. It is very large and strong in big personalities such as motivational speaker Tony Robbins. It is often small and easily



penetrated in a person with low self-esteem, a person who is being physically abused, or otherwise overwhelmed either physically or emotionally. Auras are changeable, and exercises that help bring them to normal and healthy levels are used to balance this system.

6. The Five Elements

The five-element system deals with the relationships between the meridians. Five element groups the meridians into five categories, which are associated with different properties. Five elements has properties and parallels that most of us find very interesting, including

- The five seasons, including spring, summer, Indian summer, fall and winter
- Taste preferences such as bitter, sour, sweet, spicy and salty
- Color tastes and preferences

The relationships between them forms a healthy flow pattern as well as a balanced control pattern that acts to check and balance each element. This is a useful system to evaluate the lifestyle and emotional stresses one deals with, and to help meridians do their respective jobs. It also tends to determine whether you take risks, do things out of duty, use or neglect your talents, and other choices you discover yourself making. It is useful in keeping a balance to your meridian systems.

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