

A subject for meditation: TfH – which is the first meridian in the cycle?

In Traditional Chinese Medicine (TCM), in Tuina for example, the practitioner starts to balance the 12 meridians with the Lung meridian, and then follows the traditional order (LU, LI, ST, SP,...) In TfH we enter the 12 meridians at the Stomach meridian and continue the traditional order from that point onward (ST, SP, SI, HT,...)

Taking into account the importance of TCM in the TfH system, I asked myself what could explain these different starting points in the two procedures. I did a non-exhaustive research on internet. I have noted the results for your personal consideration.

What I found concerning TCM, which starts at Lungs:

1. An explication by Jean-Pierre Krasensky :

« The Qi starts to circulate in the body by the Lungs at birth, during the first breath. It then passes to the Large Intestine meridian (the newborn empties its intestinal wastes issued from its foetal life just before birth). Then the Qi enters the Stomach meridian (first breast feeding) and afterwards to Spleen (assimilation of the first milk). The cycle continues as illustrated in the drawing, taking a clockwise direction, finishing in the Liver meridian. During the first days of life, this cycle installs itself in this cyclical schedule that will no longer vary. As of this moment the energy in the different meridians will always be full during the same time period...”

(translation of Jean-Pierre Krasensky, Tuina, le véritable massage traditionnel chinois, Tome I : Les bases théoriques, Editions Charles Antoni L 'Originel, Paris, 1997)

2. An explication by Matthew Thie:

“Regarding the traditional order of the Meridians, starting with Lung is the usual point in TCM. (one possible way of thinking about it is)... idea of birth.

Another is to think of Chinese traditional agricultural society. 3-5 AM would be the time to rise and get started with the day!” (email from 28.06.2007)

What I found concerning TfH, which starts at Stomach:

1. Matthew Thie, again:

“Dr. Thie found that starting with Stomach after CV and GV makes the 14 muscle balance go more quickly. His hypothesis was that, due to the strong emotional component with Stomach, when you balance that meridian first, many other meridians also become balanced, so if you are balancing "as you go", there will be less work to do.

For this reason, some people like to check all the meridians first, then start balancing at Stomach, and see which ones are switched on due to the "flow on" effect of energy travelling downstream from each meridian that you balance to the other meridians.

It is frequently observed that after balancing a particular muscle/meridian, you can feel that everything has been balanced. Checking the rest of the muscles, you find they are all strong.” (email from 28.06.2007)

Good luck with your considerations!

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